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Food, Page 1C



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Granite City Journal

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VOLUME 20, NUMBER 76

WEDNESDAY, SEPTEMBER 25, 1996

FIFTY CENTS

Pay raise proposal defended

By Bob Slate
Staff writer

Giving pay raises to elected city officials may be politically unpopular, but the chairman of a Granite City Council committee says it is nonetheless necessary if the city wants to continue to attract quality candidates for office.

"We have a responsibility to do what is in the best interest of the city," said 5th Ward Alderman Eddie Asadorian, chairman of the City Council's Intergovernmental Committee. "It is in the best interest of the city to compensate elected officials at a level that will attract quality people to run. If that costs us votes, so be it."

Asadorian was addressing six other aldermen at a committee meeting Monday afternoon at Charlie's Restaurant.

Asadorian has proposed that the salaries of elected officials in Granite City — the mayor, clerk, treasurer, street superintendent and 14 aldermen — be increased. Asadorian said he has found that the clerk, treasurer and street superintendent in Granite City are all paid less than their counterparts in Alton, East St. Louis and Belleville, and that the mayor here is paid less than two of the three in those cities.

Under Asadorian's plan: The mayor's salary would increase to \$80,000 a year from (See RAISES, Page 9A)



(Staff photo by JOHN FRESE)

Cookie time — Local Girl Scouts will be traveling door to door to take cookie orders from Oct. 4 to Oct. 20. Cookies may also be purchased at the Cookie Caravan booth sales on September 28. Pictured here with some of the cookies which they will be selling are, from left, Amanda Teller, 8, of Brownie Troop 592; Brandi McBride, 11, of Junior Girl Scout Troop 776; and Emmilee Woodiel, 7, of Brownie Troop 690.

Dumpers face vehicle loss

City plans crackdown on those illegally dumping trash

By Bob Slate
Staff writer

Granite City officials are ready to clamp down on people who illegally dump trash in the city.

The city's police department, in response to a request by Mayor Ron Selph and in cooperation with the Madison County State's Attorney's office, will attempt to seize vehicles of those caught dumping trash, tires or other debris in the city.

"We have had a problem — mostly with tires — in the past. But we're timing this increased enforcement in conjunction with Waste Management, taking over the trash billing service," Selph said.

Madison County State's Attorney William Haise said he is "100 percent behind the mayor" regarding the effort.

Last year, the city's sanitation department collected more than 5,000 tires illegally dumped in alleys. So far this year, about 2,000 have been collected.

But an increase in illegally dumped residential trash is expected, officials said, because the city recently turned over trash billing to Waste Management, the city's contractual hauler.

Prior to Sept. 1, the city paid Waste Management a lump sum for residential trash hauling service and billed residents. If residents failed to pay the city, their service was

continued and the amount owed the city continued to accumulate.

But Waste Management is now doing the billing and will discontinue service if accounts become severely delinquent.

As of June 18, there were 2,720 delinquent trash bill accounts in the city, according to city billing records. While many of those were only a few dollars behind in payments, many others were several hundred dollars in arrears.

Under state statute, illegal dumping is a Class A misdemeanor and any vehicle used in the commission of a violation is subject to forfeiture. Police Chief Dave Ruebhausen said city officers are being informed of the possible legal ramifications and urged to enforce the law.

"There's going to be an increased vigilance on our part," Ruebhausen said. "We'll use some discretion — we won't seize a vehicle if somebody throws a cup out the window."

In a related attempt to deal with the city's problem with illegally dumped tires, Selph said he is lobbying state legislators to enact a law requiring a deposit on all tires at the time of purchase. The deposit would be refunded when tires are disposed of properly.



Selph

Man wounded in shooting

By Scott Cousins
Staff writer

A shooting and the chase of a stolen car kept Venice police busy over the weekend.

A Venice woman was taken into custody following the shooting of a man early Sunday morning.

The man was shot in the legs during a drive-by shooting at about 1:30 a.m., authorities said. He was taken by witnesses to St. Elizabeth Medical Center in Granite City. Information on his condition was not available at press time Tuesday.

The woman, who was apparently a passenger in the vehicle and did not fire the shots, would probably not be charged, according to police.

According to reports, Venice police received a report of a (See SHOOTING, Page 8A)

Join the hunt for the Great Pumpkin

Autumn is a season that is ripe with tradition — football games, school buses driving through streets filled with falling leaves, little ghosts and goblins trick or treating on Halloween.

This year, the *Journal* is kicking off what we hope will become another October tradition — the hunt for the Great Pumpkin.

One person — the Cluemaster — will hide an object identifiable as the Great Pumpkin somewhere in the Granite City *Journal's*

circulation area.

The lucky reader who finds this year's Great Pumpkin will receive a \$250 check. Clues will appear in each Wednesday issue of the *Journal* during October, hidden on a special page of "pumpkin" advertisements.

The Great Pumpkin will be hidden outside, in a public place that requires no digging, climbing or destruction of property.

The Great Pumpkin will have an identifying mark on it; if you think you have found



it, call our office at 877-7700 to receive the prize money.

If nobody finds the great pumpkin, the \$250 will be donated to the Tri-City Area YMCA.

Happy hunting. Let the hunt for the orange — and the green — begin!

School budget balanced

By Scott Cousins
Staff writer

A balanced budget that should allow the district to be taken off the state's financial watch list was approved by the Madison School Board at Thursday's meeting.

At a public hearing before the meeting, Superintendent Gary Allison said he expects total expenditures of approximately \$7.9 million for the 1996-1997 school year. That is an increase of about \$450,000 from the previous budget.

Revenues are expected to be about \$7.7 million. However, the district will also issue about \$230,000 in life-safety bonds for building improvements.

Most expenditures — about (See BUDGET, Page 8A)

In the Journal

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5 FULLER'S FORECAST

John Fuller, Chief Meteorologist, KSDK-NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
70 49	72 55	74 56	76 57

Old Newsboys Day volunteers sought

The children of the St. Louis area need you. More specifically, they need you to volunteer to be an old newsboy — or newgirl — for a day.

On Nov. 7, thousands of volunteers will blanket street corners to peddle special-edition Sub-

urban Journals. Every penny paid for the Old Newsboys Day newspapers benefits children's charities.

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(See NEWSBOYS, Page 8A)

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GermaniaBank investors win \$6 million ruling

After a six-year legal fight against the federal government, several hundred GermaniaBank "schnote" investors should finally get their money back, a federal judge ruled Friday.

The ruling applies to holders of 538 subordinated notes, sold as uninsured "schnotes" in a high-pressure campaign by the failed Alton-based bank in 1987.

The notes have a face value of about \$6 million. With interest, the federal government could pay out more than \$8 million on the part of the case ruled on Friday.

"I'm elated. I'm happy after six years," said Mabel Dickson, who had invested her \$229,000 life savings in the schnotes after her retirement.

"We're delighted, ecstatic. We won an \$8 million judgment — how else would you expect us to feel?" said Fortis M. Lawder, a lawyer who worked with partner Frank Duda on the case.

Ralph Asbury of Meadowbrook, one of the lead plaintiffs, said the plaintiffs should all be grateful to the attorneys. "Rod Pitts and Frank Duda did a wonderful job."

Asbury said Duda's firm fronted the legal expenses of the trial.

"Duda was the working car in the water," Lawder said.

According to U.S. District Judge Paul Riley's ruling, Dickson and the other plaintiffs who bought schnotes in Illinois are to get back their investments, plus interest.

Dickson, a former restaurant owner, said the thought of losing the money had been a blow, because it was not easy earning it. "It was a lot of work. Running a restaurant is a lot of work."

She said she has not been told when she will receive payment, but for now the victory is enough. "That's all I need right now. I don't need anything else."

Riley ruled the schnote holders have the same rights as other creditors of the thrift, which was seized by the Office of Thrift Supervision in 1990.

The Office of Thrift Supervision later assigned the task of settling claims against the creditors to the Resolution Trust Corp., which ruled that the "schnote holders" were "Class 9" creditors. In other words, the creditors were not to be paid until after cash from liquidation of Germania paid off the depositors and other creditors.

Riley said that since the schnotes were sold illegally by unlicensed salespeople at Germania, the schnote holders are entitled to the same status as Class 6 creditors.

"Our clients were told they had a valid claim, but the bad news was that there was no money," Lawder said. "The (trust) corporation was very high-handed."

Lawder said the Federal Deposit Insurance Corp., which took over when the trust corporation went out of existence Jan. 4, has a right to appeal but he does not know if the agency will do so.

Lawder said the part of the case decided by Riley applies only to people who bought in Illinois from salespeople who, it turns out, were not licensed to sell securities.

He said there are schnote holders whose claims are based on allegations that Germania committed fraud in selling the securities by claiming they were insured.

There are also claims against Germania board members, including real estate developer Joe Mason, who put up millions of dollars to buy the majority of Germania from its original owners.

—From The Telegraph

Pontoon changes pay schedule

Humane officer may resign

By Scott Cousins
Staff writer

Questions about Pontoon Beach's humane officer were cleared up at a special meeting of the village board Wednesday, but the village now has to find someone to do the job.

Village Clerk Mary Rowden said Thursday that John Vasquez, who had been doing the work with his wife, Mary Vasquez, for the past few months, resigned after hearing about the results of Wednesday's special meeting.

At the meeting, the board approved a resolution to appoint Mary Vasquez as humane officer at \$300 per month, and her husband as assistant at \$100 per

month. For the past few months, the two have been performing the duties, but the village has been paying Mary Vasquez \$400 per month for the work.

Village officials said there have been no complaints about the work, but they had some concerns about liability because only one was receiving a check.

Village Attorney Keith Jensen said the two problems were workers' comp and the village's liability.

"If we're not paying him a salary, our insurance is not covering him," Mayor Glen Wilson said.

Board members said John Vasquez had been asking for more money. In other business, the board approved

approaching the Lewis and Clark Library system about becoming a member.

The board is attempting to increase participation at the library, located in the Oakmont Shopping Center.

Village officials said they had attempted to join the system in the past, but could not because at the time the village did not have a tax-supported library.

The library is supported through the village's general fund and donations.

In other action, the board approved a resolution to allow the general fund to borrow \$35,000 from the motor fuel tax fund. That will give the board some time to repay the money — which was improperly used to pay for engineering services — back into the MFT fund.

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Jame Hahs, Pastor

SUNDAY WORSHIP OPPORTUNITIES
8:30 a.m. - Early Worship (Informal)
9:30 a.m. - Sunday School for all ages
10:45 a.m. - Traditional Worship/Children's Church, Jr. Church, Nursery

MONDAY NIGHT WORSHIP SERVICES AT 7:00 P.M.
If you cannot come to church on Sunday morning, this may be the worship service to meet your needs. The service is informal, lively, with songs, choruses, and Jame preaching.

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, Sept. 25

Disabled American Vets Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Pontoon Beach Seniors bingo, noon, 3910 Illinois 111, Pontoon Beach.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Divorce/Separated Ministry, 7-8:30 p.m., Eden United Church of Christ, 908 Second Street, Edwardsville, 656-9288.

Parents Anonymous Group,

meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, Sept. 26

Church Women United will meet at 10 a.m. at the Holy Family Community Center.

Parents Without Partners of Madison County meets at Nameoki United Methodist Church, 1900 Pontoon Road in Granite City. For more information call 931-0157.

Modern Woodmen of America Life Insurance Society meets at 5 p.m. at Ravanelli's Restaurant.

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Bemis Chiropractor, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Chouteau Township Seniors, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Eagle Park Acre Seniors meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2902 Edwards St. For information, 797-6583 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Granite City Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Sept. 27

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Al-Anon meets at 8 p.m. in the Miloski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Har-Old Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Sept. 28

Al-Anon Adult Children Providence, 2103 Iowa St., park in rear, no smoking, 452-8596.

Pontoon Beach Seniors pot luck dinner, 5 p.m., 3910 Illinois 111, Pontoon Beach.

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-4948.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., Wellness Center, 2103 Iowa, Granite City, 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon.

Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Sept. 29

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

Monday, Sept. 30

Madison Action Group, call 465-4400.

Bemis Chiropractic, 3361 Fehling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to noon. Call 876-2273 for more information.

Boots & Slippers Dance Club, square dance lessons, 7 to 9 p.m., First Christian Church, across from the Cracker Barrel, Caseyville. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4638.

Depressive Manic Depressive Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center. James E. Lewis and Karl A. Strassman, Co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7517 or (314) 776-4929.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-3078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen/PreAlateen Program for 12 to 17 age group, and prealateen for 18 to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Two Shows

Saturday, October 19 at 7 pm Belleville Campus Yarns Gymnasium 2500 Carlyle Avenue, Belleville, IL.

Sunday, October 20 at 2 pm Collinsville High School Gymnasium 2201 South Morrison, Collinsville, IL.

General Admission: \$5 Group Discount: \$4 (5 or more)

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Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Chemical Dependency Relapse Prevention Group meets from 6:30 to 8:30 p.m. at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3588.

First Place, a Christ-centered nutrition program, meets from 6 to 7 p.m. at First Baptist Church, 2041 Delmar Ave. in Granite City.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University, 1215 University Drive in Edwardsville. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 8 p.m., Melvin Price Center in Granite City, 876-2124.

TOPS 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Tuesday, Oct. 1

Diabetes Support Group, 1 to 2 p.m., President's Room, St. Elizabeth Medical Center, 798-3456.

Alliance for the Mentally Ill of Madison County (AMI), meets 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3904.

Elkettes, Granite City Lodge 1063, Maryville Road, 931-3557.

Homemakers Extension Association of Madison County meets at 7 p.m. at the Anchorage Recreation Center. For more information call 876-7528 or 931-3755.

Homemakers' Extension Association of Madison County Trio Unit, noon, Hope Lutheran Church, 1715 Walush Ave., Granite City.

Pontoon Beach Library Board, square dance lessons, 7 to 9 p.m., First Christian Church, across from the Cracker Barrel, Caseyville. The cost is \$2.50 per person, per lesson. For more information, call 797-6528 or 344-4638.

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Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen/PreAlateen Program for 12 to 17 age group, and prealateen for 18 to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

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LOCAL NEWS

Voter registration Saturday

The Madison County Political Action Committee (MCPAC) will conduct a voter registration drive Saturday in Venice.

The drive will take place from 10 a.m. to 5 p.m. at the Venice Senior Citizens' Center, located at the corner of Brown and Klein streets.

Refreshments will be served. The committee's goal is to enhance a more tranquil African-American community and enhance the quality of life for residents. As one of its aims, MCPAC proposes to further the interests of African-Americans by means of a political process that includes educating, registering and encouraging voters to vote. MCPAC serves all of Madison County and has key meeting sites in Alton, Edwardsville and Madison. James Gray, of Alton, serves as MCPAC president.

Budget

(Continued from Page 1A)

\$6.6 million — come out of the district's education fund. About \$4.1 million of that is for instructional costs, while \$2.3 million is for support services.

Most of the district's revenue — about \$4.4 million — comes from state sources. Other sources include local — about \$2.1 million, and federal — about \$1 million.

That will leave the district with an ending balance of about \$56,646 for all funds at the end of the fiscal year.

"I think you have a lot to be proud of," Allison told the board. "And the ending balances are sufficient to remove you from the certified watch list."

The district had met all the requirements for being taken off the Illinois State Board of Education's certified watch list, but had been waiting for the 1995-1996 audit, which was also presented and approved at Thursday's meeting.

The state requires the four major funds to be in the black and an overall ending fund balance of 5 percent of the total revenue for a year. The Madison school district's average is 7.2 percent and all funds are in the black.

Because of the paperwork involved, the district will probably not be removed from the list until some time early next year.

The district is restructuring its bond debt to take advantage of a change in interest rates and issue the life-safety bonds at no additional cost to taxpayers.

The district now levies 5 cents per \$100 valuation for life safety. This will decrease to about 1 cent per \$100.

For the owner of a \$30,000 house, that would mean a tax saving of about \$4 per year.

Some projects to be done include roof work, electrical repairs, facia and window repairs.

Newsboys

(Continued from Page 1A)

With basic needs for children so great, more volunteers are needed. Individuals and groups who would like to be part of this tradition are encouraged to volunteer to be old newsboys for a day.

The job description is simple. Volunteers must be willing to don the customary newsboy garb — a traditional apron supplied by Hardee's Restaurants and bright yellow identification buttons supplied by Southwest Bell — to hawk special-edition Suburban Journals.

Besides the feeling of satisfaction from helping needy children, each volunteer also receives a discount coupon good for breakfast at Hardee's.

Those who would like to volunteer should call the Old Newsboys Day hot line at (314) 821-0211. Leave your name, telephone number and street corner, preference, and someone will get back to you. The deadline for volunteering is Oct. 9.

Oct. 18.

Old Newsboys Day grants will be awarded to children's charities before the end of the year. Priority will be given to charities that request money to meet basic needs of children — items such as diapers, play equipment, toys and books.

Children's charities interested in receiving a 1996 Old Newsboys Day grant application should send a self-addressed, stamped envelope to: Old Newsboys Day Fundraising Request, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. The deadline for submitting an application is Oct. 9.

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Shooting

(Continued from Page 1A)

man being treated for gunshot wounds at the hospital. When they arrived, the victim told police he had been standing on the corner of Baucum and Jackson when a blue vehicle occupied by a man and a woman drove up.

The victim — who identified the two occupants of the car — said he was walking away when the man, who was driving, fired several shots, striking him in the right knee and left thigh. Police went to the woman's home, but she was not there. She arrived a short time later driving what police said was the suspect vehicle.

She said she had been at a party in Belleville with the suspect, but had left him there and come home. She denied any knowledge of the incident.

In an unrelated incident four people — including three juvenile girls — were arrested after an allegedly stolen vehicle they were riding in crashed in Venice.

According to Madison and Venice police records, at about 3:50 a.m. Sunday, a Madison police officer spotted the car on Market

Street.

A record check showed the car had been stolen in St. Louis. Venice police found the car at the Mobile gas station in the 100 block of Fourth Street, and chased it to the 100 block of Sixth, where the driver lost control of the vehicle.

Five people ran from the car. Four were captured but the driver escaped.

All four were released after giving statements.

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by Bruce Adams
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Q. How do I convert a tiny spare bedroom into a 'retreat' room?
L. Miller, St. Charles, MO

A. Since space is at a premium, you might consider starting with a wall-hugger reclining loveseat. This piece will allow you to relax in comfort, yet can be placed right up against a wall to conserve floor space. Add a pair of clever new occasional tables with pop-up tops that swing around to double as TV trays.

The latest armchairs can conceal either a TV-VCR combination, or a computer and printer to create an instant home office.

Choose a pickled or white-washed finish on wood pieces to make the room look larger. Coordinate with white or light-tinted walls.

We want to hear from you! Send us your decorating questions, and if we use yours in this column, you'll receive a free silk floral arrangement valued up to \$200.

Mail your questions to:
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•Raises

(Continued from Page 1A)

the current level of \$47,000, and an expense account of about \$330 per month would be eliminated.

The salaries of the clerk and treasurer would increase to \$45,000 a year, up from \$37,000 annually.

The salary of the street superintendent would increase to \$48,000 annually, up from the current \$35,000; and

Aldermanic salaries would increase to \$9,000 a year, up from \$5,400 annually, and a \$100 monthly expense reimbursement would be eliminated.

The plan calls for automatic increases in subsequent years.

"I think that's fair compared to their counterparts in similar-sized cities," Asadorian said.

Because state law prohibits changing elected officials' compensation during the current term of office, the proposal, if approved, would take effect for the mayor, clerk and treasurer next May 1. The aldermanic and street superintendent's pay raises would take effect May 1, 1999.

The pay raise plan must be approved by Nov. 1 — 180 days prior to the new officials taking office — in order to be effective next May, according to state law.

While most city employees receive pay increases of about 3½ percent each year, the mayor, clerk, treasurer and aldermen last received raises in 1991. The street superintendent last received a pay increase in 1987.

Some of the aldermen present at the committee meeting were hesitant to endorse Asadorian's plan.

Ward 7 Alderman Kim Affolter said the raises are needed, but should be closer to 3 percent a year.

"I think the general public can better understand a cost of living pay increase," Affolter said.

Ward 4 Alderman Foster Frederick said he will not vote in favor of raises if they will result in a property tax increase.

"Can the city really afford to give these raises without a tax increase?" Frederick asked.

"I won't vote for it if it requires a tax increase. Anybody who has the money to pay higher taxes is moving up on the hill (the Edwardsville-Glen Carbon-Troy area) anyway."

Ward 2 Alderman Brian Fuzessery disagreed with Frederick's theory of taxpayer flight.

"I think the taxpayers of Granite City get pretty good services for their money," Fuzessery said. "We have good schools and parks for the tax dollars we pay. Those people that moved are getting a real shock when they get their tax bills."

But, he added, he may not agree with a pay increase for aldermen in the wake of a recent city trash contract that raised the amount residents pay for the garbage collection service.

Asadorian said a tax increase is inevitable.

"We are a taxing body and somewhere down the line people are just going to have to pay more (to the city) in taxes," Asadorian said. "Whether it's in 1999 or 2003 or whenever, sooner or later, taxes are going to go up."

The public has to pay for the service it gets," Asadorian noted that the tax rates for other taxing bodies in the city, such as the school district and park district, have increased while the city's rate has remained steady over the past decade.

Reunion is Saturday

The Madison High School Class of 1976 will hold its 20th reunion from noon to 4 p.m. Saturday, September 28, at Pere Marquette State Park's shelter number two.

The cost is \$12.50 and money should be sent to Cathy Neidhardt-Smith, P.O. Box 10, Madison, Ill., 62660. For information contact Mark at 451-1282 or Maria, 452-1388.

The group is still looking for Beth White, Dennis Price, Janet Miller, Robin Cowin, Kelly Smith, Cindy Lomax, Scarlet Boney, Gerald Affolter, Harold Williams, David Boyd, Darryl Rivers, Rick Walker, Anita Black, Randy Thompson, Shirley Thompson, Paula Hill and Michael Mayes.



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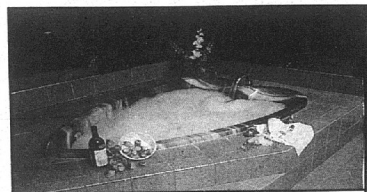
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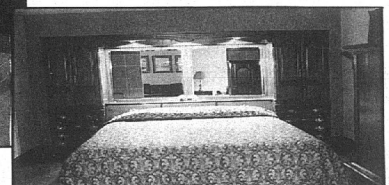
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Town works to make use of historic buildings

All across the country, cities and towns are dotted with old schools, post offices and other buildings of historic interest that have outlived their original purposes but are still worth saving. But how?

In the town of Wilton, Conn., a way was found to save nine buildings that are part of town history by moving them to a dedicated site and renting them out as stores and offices.

The buildings, dating from the first half of the 18th century to 1889, were taken

apart and authentically restored on a pleasant 3.5-acre site at the intersection of Routes 7 and 33, a few miles from the center of town. Known as Lambert Corner, it's reminiscent of a late 19th century Connecticut village.

"It's all there — the schoolhouse, the railroad station, the post office, the general store, as well as a barn, a major house, a cottage and even an outhouse and corn crib," says Marilyn Gould, director of the Wilton

Historical Society, which owns Lambert Corner.

A furniture store occupies the most imposing building, the Lambert House, dating from the 18th century. A shop specializing in South American art and accessories is in the one-room school house, and the Post Office is an antiques shop. A graphic design studio has taken over the general store. The old cottage is an office and the railroad station is another office. There is a year-round Christmas shop in

the old barn. The outhouse and corn crib, however, are unoccupied.

"They don't lend themselves to modern commerce," says architect Robert Faesy, who has been working with the historical society for 24 years to preserve the buildings.

Approximately 100 years of building techniques and design preferences are represented by the buildings, which come from various parts of town. Faesy says. In getting to know each building, Faesy became

aware of significant changes in the look of buildings over the years. The oldest structures, such as the original part of the Lambert House which was put up in 1724, are austere.

The most recent building — the 1889 railroad station — is lavishly ornamented with turned spindles, roof brackets, complex moldings and handsome doors.

Traditionally, early American design is valued most highly, but Faesy says that "the 19th century

buildings represent a high point in craftsmanship, and the early buildings are much cruder."

Taken together, the buildings reveal the growth of prosperity in the area.

"When people had more money, they let it show," says the architect. "The buildings represent their time."

Lambert Corner has steadily evolved since 1964 when the Historical Society purchased the site and Lambert House, said to be the earliest extant house in Wilton.

In the early 1970s, the Connecticut Highway Department's decision to widen Route 7 put a number of historically significant buildings in imminent danger of demolition and turned Lambert Corner into a more crowded place than originally contemplated.

To save the 1842 schoolhouse, the late 19th century Post Office and the circa-1800 cottage, they were donated to the Historical Society and moved to the site. In 1978 and 1979, the railroad station was added, and in 1990-91, four additional buildings, including the barn, were brought to Lambert Corner.

Bequests and mortgages have helped to pay for the extensive renovations necessary to put the buildings back into usable shape. Monthly rentals pay for upkeep.

Ultimately, the buildings and the site may become a historical museum complex. So, in renovating, the group was careful to maintain the original fabric of each structure.

"There is nothing that cannot be reversed to bring each building back to its original state. It might involve taking off sheetrock or plywood off the floor," says Gould. "The barn, for example, retains its original timbers and structure. It has been placed in a modern envelope to preserve it. Even the plumbing was added to an attached chicken coop, and any usable old materials all were saved."

In the early 1970s, a commercial complex of antique buildings was unusual. These days, the concept of adaptive reuse has been proven. In 1994, Lambert Corner won an award from the Connecticut Trust for Historic Preservation.

"The Wilton Historical Society has created a successful commercial enclave of buildings that were to be demolished," the Trust said. "It is an ambitious project for a local historical society and demonstrates that old buildings — even agricultural buildings — do indeed have value."

— Associated Press



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Medicaid choices are different for elderly

When 60-year-old Dwain Scott went to Acadian House Care Center a year ago, he weighed 92 pounds. Now he weighs a healthy 164 pounds and says he never wants to leave.

On Saturday, Scott said that even if the money Medicaid now puts toward his nursing home costs could be used for in-home care, he wouldn't change where he's living. "I had problems when I had my apartment. I didn't take my medicine," he said. "I love to drink and that's not good for me. I didn't control myself like I should."

But, with newly appointed state health officials planning dramatic changes to Louisiana's Medicaid program, some advocates for the elderly are pushing for community-based alternatives to nursing homes.

They say in-home care would reduce state Medicaid spending and cater to individuals' needs.

But Scott, who is president of Acadian House Care Center's Residents' Council, said he thinks whether Medicaid money goes toward nursing home or in-home care should be an individual choice. Last year, Medicaid paid for about 33,000 people in nursing homes, while it allowed only 522 senior citizens to receive home- and community-based

care with Medicaid funds, according to information from the Office of Elderly Affairs.

For Scott, living in a nursing home provides control, care and community, he said. The retired TV repairman is supplied oxygen through a portable tank.

"I could go out and be self-sufficient, but I've got no family. I prefer to be here," he said. "I like everybody here and they like me."

Dorothy Hencks, 65, a retired lounge owner, said she doesn't want to live with her children and can't live alone because her arthritis makes it difficult to care for herself.

If she had the money, she said, she'd rather have an attendant look in on her at home rather than live in a nursing home.

"It's always better to live in your own home," she said. "I could come and go as I please."

Nellie Francis, 73, agreed that she would like Medicaid money to go toward providing her with in-home services.

"I want my own house, that's all. I've always been that way — independent, very independent," Francis said.

She said independent allows her to cater to her own needs, rather than having to go along with the needs of a group.

"I could cook some things that I like that they don't have here," she said, describing the tender fried chicken she used to make for her family.

"But my kids don't want me to live alone," she said. Advocates for home- and community-based care have argued that Medicaid payments should apply to such services as adult day care, attendant service, respite care, case management and emergency response systems.

Mary Tonore, an official of the Office of Elderly Affairs, said recently that elderly residents usually prefer the less costly alternative.

Johnnie B. Elliott, who transferred to Acadian House Care Center in March, said she doesn't like being uprooted, no matter where she ends up.

She said with a little help getting out of bed, she could tend to herself in her own house.

"I could attend church and circulate around my friends," she said. Even though the nursing home provides a weekly church service, Elliott said it's not the same. "I want to go to my own church."

— Associated Press

Senior citizen boom

Colorado is fastest growing state for elderly

Jefferson County added 10,998 people age 65 and over, and Arapahoe County added 10,462 during the 1990s, helping make Colorado the 17th fastest-growing state for seniors, U.S. population statistics for 1995 show.

They were followed by El Paso County (7,024), Adams County (3,682), Larimer County (3,081), Boulder County (2,825) and Mesa County (2,526).

"Colorado as a whole is definitely feeling the impact of populations growth and part of that is the senior piece," said Shelley McGraw, director for Larimer County's Office on Aging.

McGraw said affordable housing may be lacking for some residents. "If they're on a fixed income and want some kind of sub-

sized housing, there are huge waiting lists," she said. "Affordable housing is really lacking."

While Stan Ulrich, president of the Fort Collins chapter of the American Association of Retired People, agreed affordable housing is a problem, he said some are finding lower housing costs here than in other states.

He said a California man sold his house for \$350,000 and moved to Fort Collins where he purchased a house for \$120,000 cash and put more than \$200,000 in the bank.

— Associated Press

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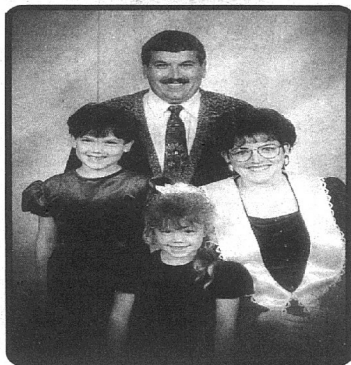
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SENIOR NEWS

Retirees return to work

Older employees prove worth

"I love the patient contact. (Retirement) is not what (some people) dreamed it would be. I'm not seriously considering it."

— Juanita Klinger
Older worker

"Even that saying, 'You can't teach an old dog new tricks' isn't even true for dogs. Given proper, appropriate training, anyone can learn."

— Ted Bobrow
AARP official

Afternoons on Tuesdays and Thursdays, Paul Sackley baby-sat his granddaughter. He lifted weights a few days a week at a health club. He golfed summers. Still, life wasn't stimulating enough. So the 70-year-old got a job. Five months ago, Sackley started work as an engineer at Pacific Bearing Co. He puts in 20 hours a week designing changes in machines so they'll work better. He's earning a third of what he did before he retired four years ago, but he's happier

now. Pacific Bearing officials say the company is the winner. "Experienced, older workers are reliable, and they cause no problems," said John Evan, assistant to the president of the bearings maker. Eight people currently on staff were previously retired.

The practice of hiring retirees is widespread and common, according to Barbara Hirshorn, a researcher at Wayne State University in Detroit.

In a 1994 survey of 1,000 private-sector firms with 20 or more employees, nearly half said they hired retirees. Most offered year-round, part-time schedules, rather than employing retirees full-time during peak periods.

Some of the job-seekers lost their positions because of corporate downsizing, which often starts with older, higher-paid employees. Older workers are offered attractive retirement packages, but the money often isn't enough to live on, according to the Washington-based American Association of Retired Persons.

Competition for jobs that retired workers seek can be stiff. Often, much younger candidates also are vying for

the same positions.

Unemployed workers over the age 55 were out of work for an average of 27 weeks in 1993, compared with an average of 17 weeks for workers under age 55.

Last year, 947,000 people over age 55 were looking for work, compared with 738,000 in 1992.

The core of the problem is stereotypes, experts say. Many companies assume older workers are not a good investment. They think they'll be harder to train and be sick more often than younger workers.

But research shows that isn't so, said Ted Bobrow, AARP spokesman.

"Even that saying, 'You can't teach an old dog new tricks' isn't even true for dogs," Bobrow said. "Given proper, appropriate training, anyone can learn."

Age discrimination is illegal. "Yet people may find that someone doing the hiring sees you have gray hair," he said.

To avert any potential that

such observations may taint an interview, Bobrow suggests taking the offensive.

"Show you have energy. Show your interest in the position. Show your experience."

Employers are looking for retirees with experience in certain jobs, said Sylvia Gaffney, president and owner of Gaffney Employment Services Inc. of Rockford. "Engineers are getting exactly what they want," Gaffney said.

Juanita Klinger, 70, has been on the job full-time at Brookside Medical Group and its predecessors for 50 years. She is an X-ray technician.

"I love the patient contact," Klinger said. Many friends have advised her not to retire. "It's not what they dreamed it would be," she said.

Though she entertains the idea of retiring from time to time, she says, "I'm not seriously considering it."

— Associated Press

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September 25, 1996—Granite City Journal—Page 18

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Cardinals
Team of the Week

Rain delays Hazelwood tournament

By Rob Raphael
Staff writer

Due to heavy rains Monday morning and afternoon, action in the first round of the Hazelwood Central Tournament were postponed.

The rain was area-wide, so action in all four pools was suspended for at least 24 hours.

The weather forecast was for improving conditions beginning Tuesday. All games that were originally scheduled for Monday were moved back to Tuesday. Tuesday games were to be played tonight, and Wednesday games will be moved back to Thursday.

Granite City was then set to play Parkway Central Tuesday night. Results of that game were unavailable before press time. The Warriors will then play Troy (Mo.) tonight, and finish pool play with Missouri power Howell North on Thursday.

In other pool action, Pool A, being held in Koch Park in Florissant, will see previously unbeaten Hazelwood Central going against McCluer North tonight. Rosary will play Wentzville in that pool tonight.

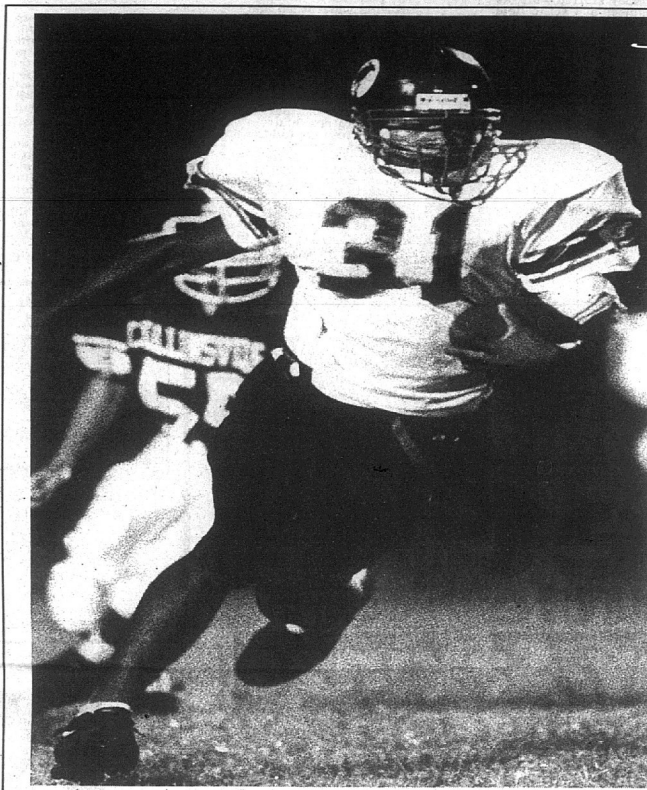
Pool C and D are being played at Gordon Moore Park in Alton. Pool C will see Alton Marquette versus Hazelwood West tonight, with Edwardsville playing Lafayette in the other game.

And in Pool D, DeSmet will face Ft. Zumwalt South tonight, and Duchesne will face Rockwood Marquette.

Pool winners will be decided by a points system. Winners are scheduled to square off (A vs. B, C vs. D) beginning at 6 p.m. Friday at Koch Park.

Granite City probably rested well with a surprise day off on Monday. The Warriors returned from Kansas City late Sunday after playing two of the better teams in Missouri.

(See SOCCER, Page 38)



Warriors win

By Rob Raphael
Staff writer

For the second week in a row, the Granite City Warriors showed some second-half spunk; and this time it resulted in a 24-14 win against the Lincoln Tigers in a Southwestern Conference game at East St. Louis.

Granite City nearly came all the way back on Sept. 13, rallying from 18 points down to draw to within 7 in the fourth quarter. But in that game, Collinsville held on. Lincoln was not as fortunate in this one.

Up by a single point at the intermission, the Warriors (1-3) found themselves down 14-7 early in the third quarter.

After the Warriors went three-and-out to start the second half, the Tigers (0-4) marched 65 yards for the score. After the 2-point conversion, the Tigers led 14-6. But it would be the last points they would score.

"They just came out and basically ran down the field," said Granite City coach Nick Petrillo. "After all of their traps and runs, they lulled us to sleep. Then they up and throw the long pass, and it caught us off-guard."

The Tigers, who have had their share of disappointments this year, did some celebrating after that long strike. But it didn't last long.

"I pretty much knew we were in trouble when we were jumping up and down after that touchdown," said Lincoln coach Jimmy Adams. "I told them to settle down. They hadn't won anything yet. Sure enough, we never played as hard as we did on that drive again."

"It's disappointing, because up until that point

we'd played a pretty good game." The Warriors came back to tie the game early in the fourth quarter.

"We had been playing decent first halves, and then not playing as well in the second halves," said Petrillo. "But it looks like we've at least turned that around."

Mike Posey scored the first of his two touchdowns to give Granite City the tie at 14. Posey became the first Warrior rusher this year to pass the 100-yard mark, as he finished with 122 yards on 15 carries.

The Warriors took the lead after the 5-minute mark, as Rocky Smith kicked a 29-yard field goal after Granite City went for it on a crucial fourth-and-one play.

With the ball in his end of the field, Petrillo wasn't going to go for the first down in that situation.

"That's normally something we wouldn't do," he said. "But David Parker was the first one to say, 'Come on, coach, we can get the first down,' and he and the other kids convinced me they could do it."

Petrillo and the Warriors tried to get Lincoln to jump offense first, then called a timeout, "absolutely with the intent to punt the ball," said Petrillo.

"It was a big play, and it kept the momentum going our way."

The Tigers had one more good chance, but failed on their own fourth-down play late in the fourth quarter. After that, Posey sprung loose again and scored his second TD, giving the Warriors the 20-point bulge.

"We were just trying to run the ball and take time off the clock," Petrillo said. "As luck would have it, Mike found a hole on the

(See WARRIORS, Page 38)

Lady Warriors play tougher

By Rob Raphael
Staff writer

The Third Granite City Invitational Tournament should serve to do two things: make the Lady Warriors a better team down the road, and make the Red Bud Musketeers an institution.

Red Bud is making a mockery out of the GC Invitational, having won the tournament in all three years of its existence.

"I wouldn't say that," said Musketeers coach Sandy

Griffin. "We come up here every year for the competition, and every year we get it. It's never been easy for us, and this year was no exception."

In fact, the Lady Warriors can take solace in the fact that they played Red Bud probably tougher than any other team in the tournament.

"They are really strong, one of the strongest teams I've seen this year," said Lady Warriors coach Amy Cole. "Although the score

doesn't show it, we played our best match of the tournament against them. And in fact, I saw the other matches Red Bud played, and were probably their toughest competition."

"For sure we weren't scared, and we played them well. I will say that maybe we're a bit lax against weaker teams. We really should have competed well in this tournament."

"Inexperience is probably a big part of the problem,"

(See VOLLEY, Page 38)

Red Bud again wins Granite invitational

By Rob Raphael
Staff writer

Old habits die hard. That's not good news for opposing volleyball teams, as the Red Bud Musketeers are making a habit of winning the Granite City Invitational Volleyball Tournament.

Red Bud won the tourney for the third time in its three years of existence, this time defeating Civic Memorial 15-3, 15-2 in the deciding match.

"We're proud of the way we played, and always thrilled to come up here and

do well," said Red Bud coach Sandy Griffin. "I think our girls are beginning to look forward to this tournament each year now. We have been successful here, but it's never been easy."

No wonder. Red Bud went a perfect 5-0 in round-robin competition at the tourney, and in three years the team is 15-0.

Matches were limited to two games. Points were used to determine tiebreakers when needed.

O'Fallon finished with the second-place trophy, going 4-1 in the tourney. Civic Memorial and Freeburg

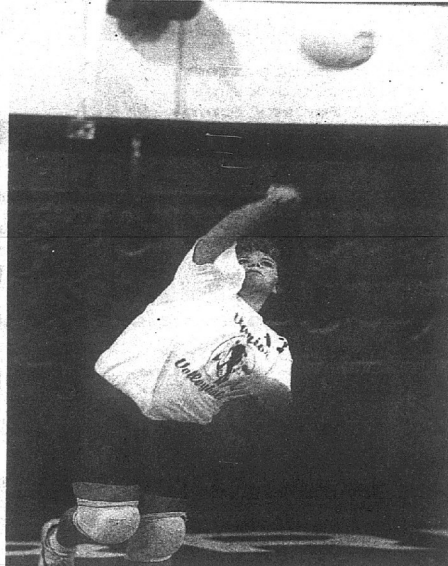
each finished 2-2-1. Host Granite City was fifth at 1-4, and Jerseyville was sixth at 0-5.

"We wish we would have won the whole thing, but we don't feel too bad about going 4-1 here," said O'Fallon coach Steve Dirbeck. "This is a nice tournament, and we like the format. You have to give the Red Bud team their due. They play really well here."

Earlier on Saturday, the Musketeers defeated the Panthers 15-5, 15-2.

Musketeer hitter Rhea Griffin was named as the

(See RED BUD, Page 38)



(Photo by T.W. Miller)

Lady Warrior Chrissy Greathouse serves a volley in the Granite City Invitational Tournament.

Silva collects \$1,800

Paolo Silva came a long way to find it, but he said he's got a new dream drag strip after a dominating weekend at the first Muscle Mustangs & Fast Fords Gateway Rumble, held last weekend at the new Gateway International Raceway.

Silva, a 32-year-old resident of Toronto, Canada, used a sharp reaction time and a super-quick 1987 Mustang LX to win the Rumble's Super Stallion class title with an easy win over Jimmy Keen of Palmetto, Fla.

Silva got a great reaction time at the starting light and roared down the quarter-mile in 8.574 seconds, with a top speed of 138.47 miles per hour. Keen was almost twice as slow at the start, and finished at 8.76 seconds, or 139.03 mph.

It was even a dream payday for Silva, who collected \$1,800 for the win. With the 40 percent difference between American and Canadian dollars, it will translate into better than \$2,500 back home in Toronto.

"The car had its best time (an 8.55 in qualifying), and went 161.55 mph during the eliminations today," said Silva, who with his brother Joey builds racing Mustangs in

(See SILVA, Page 38)

Oct. 2 Herzog Tournament at Grand Morais Golf Course to raise money for needy

By Dennis Barnidge
Staff writer

In the wide — and growing wider all the time — world of celebrity benefit outings, Whitey Herzog can pretty much take his pick to attach his still-considerable name to every disease this side of sniffles has a benefit. Every

gathering. Every school, organization, group, coven and cabal tosses a tournament. The glitzy ones take a turn around a country club with celebrities at the wheel. The smaller ones hack it around the local public track with the chamber of commerce on the masthead. Herzog, after ruling St. Louis baseball for more than a decade, has the will to play

the country clubs at the head of the celebrity pack. So what's he doing drawing a crowd at a public course at the intersection of three distinctly non-glitzy neighborhoods, Centerville, East St. Louis and Washington Park?

"Mike Murphy, who's done much of the organizational leg work for the Whitey Herzog Foundation's tournament since

1981, says Herzog comes to the Oct. 2 Herzog Tournament at Grand Morais Golf Course with the same focus he's brought to the foundation's previous events.

"The things that were done in Festus (Mo.) and the things that will be done here are for people," says Murphy, who made stops at Sunset Country Club, Oak Creek Golf Course

and Tapawingo National Golf Club before taking on the PGA pro post and renovation job at Grand Morais three years ago.

"We've tried to have programs that kids can participate in." The Oct. 2 event will tee off at 11 a.m. Each five-man team will include a celebrity and a PGA professional. The \$100 cost covers a continental breakfast, golf refreshments

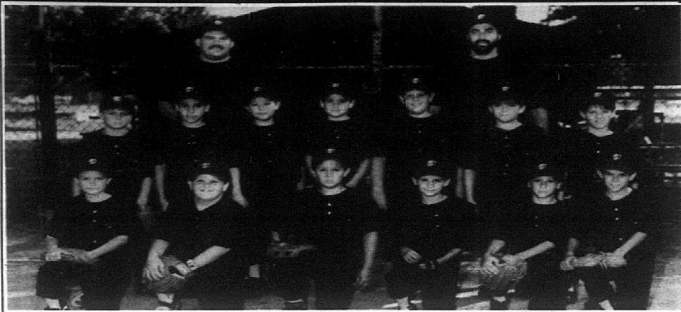
and a post-event awards presentation and auction. To register or for information, call Murphy at 398-9999.

"It's no accident," Murphy says, that Herzog is willing to give his time, name and support to youth programs aimed somewhat at the fringe of the good life. "Herzog, who grew up in nearby New Athens, hardly

(See HERZOG, Page 38)

Cardinals Team of the Week

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The Legal Eagles baseball team finished second in the Granite City Park District Atom II Division and went on to capture the playoff championship. Team members include (front row from left) Chas Wilkinson, Aaron Kinnard, Alex Gitchoff, Justin Allen, Mike Costello and Dennis Bisto; and (middle row) Erik Klobe, Chad Harris, Alex Kosuge, Gregory Lofink, Mark Bilich, Tyler Crews and Ryan Laird. Standing with the team are coaches Jim Lofink (left) and Jonathan Toussaint. The team is sponsored by Gregory A. Becker and Associates.

Prep football

Southwestern Conference				
Team	W	L	Overall	
Edwardsville	2	0	4	0
Collinsville	2	0	3	1
East St. Louis	1	1	3	1
Belleville East	1	1	1	3
Belleville West	1	1	1	3
Granite City	1	1	1	3
Alton	0	2	0	4
ESL Lincoln	0	2	0	4

Friday, Sept. 20				
Belleville West 7, Alton 6				
Collinsville 28, Belleville East 25				
Edwardsville 41, East St. Louis 0				

Saturday, Sept. 21				
Granite City 24, ESL Lincoln 14				

Friday, Sept. 27				
ESL Lincoln at Alton, 7:30 p.m.				
East St. Louis at Collinsville, 7:30				
Belleville West at Edwardsville, 7:30				
Granite City at Belleville East, 7:30				

Cahokia Conference				
Team	W	L	Overall	
Freeburg	3	0	3	1
Carlyle	3	0	3	1
Waterloo	1	1	3	1

Friday, Sept. 29				
Freeburg at Carlyle, 7:30				
Mascoutah at Dupo, 7:30				
Red Bud at Waterloo, 7:30				
Columbia at Breese Central, 7:30				

Mississippi Valley Conference				
Team	W	L	Overall	
Triad	1	0	4	0
Highland	1	0	3	1
Roxana	2	1	2	2
Civic Memorial	2	1	2	2
Mascoutah	0	2	2	2
Jerseyville	0	2	2	2
Wood River	0	2	0	4

Friday, Sept. 29				
Highland 40, Civic Memorial 7				
Triad 55, Wood River 14				
Newton 34, Roxana 0				

Herzog tournament to benefit Metro East youth golf center

By Dennis Barnidge
Staff writer

Hump day may never be this good again.
The Wednesday, Oct. 2 Whit-ey Herzog Tournament at Grand Marais Golf Course at Frank Holten State Park in Centerville will draw a lineup of players from the Cardinals pennant winners of the 1990s as well as top coaches and former major league baseball and football standouts.
The event, which will benefit the planned youth golf learning center for the Metro East, will have an 11 a.m. shotgun start. The scramble tourney will include a celebrity and a PGA pro in each foursome. The cost is \$150. For information on participating or hole sponsorship, call Mike Murphy at

Grand Marais, 398-9999.

Following the day's golf, there will be a silent auction featuring items donated by celebrities such as Gary Player, Stan Musial, Ozzie Smith, George Brett and Gene Stallings.
The playing celebrity list is long on members of Herzog's teams of the 1980s. Among the former players expected at the event are Vince Coleman, Danny Cox, Ken Dayley, Scott Terry, Bob Forsch, Darrell Porter, Greg Mathews, Tom Lawless, Jose Oquendo, Tim Jones, John Costello and Rich Hacker. Also expected to take part are former players Ted Savage, Ken Reitz, Joe Hoerner, Joe Cunningham, Jerry Lumpe and Roy Seivers.
Football hall of famer Jackie Smith and former Big Red

greats Jim Hart and Ernie McMillan will take part in the event, as will former Mizzou and San Francisco 49ers stand-out Eric Wright. From basketball, Missouri coach Norm Stewart has a tee time and St. Louis University coach Charlie Spoonhour will chip in. From golf, the event will draw a long list of pros from the PGA Gateway Section.

Bringing business muscle to the middle of the tournament lineup are the event's co-chairmen, longtime Anheuser-Busch executive Mike Roarty and former St. Louis County Executive H. Milford.
And sharing the spotlight at the Oct. 2 event with Herzog will be the biggest name in the lineup, Musial.

Granite hosts punt, pass competition

The Charles Melvin Price Support Center in Granite City is sponsoring the only Punt, Pass and Kick competition in the Granite City area. The competition will be held from 5 p.m. until dark on Sept. 30 at the Support Center. There is no cost to enter the event, which is open to children aged 8-15.
Interested parties must sign up at the CMPSC Youth Center, located in Building 191, and should bring a copy of a birth certificate; or call 452-4632 for more information. Awards will be given to all who participate, and winners in each age group advance to regional competition.

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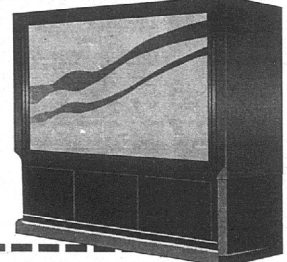
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•Herzog

(Continued from Page 1B)

came from a country club background where the kid down the street had a trust fund.

"He's never forgotten where he came from," Murphy said. The Herzog Foundation was, for seven years, the mover and shaker behind the push to construct a YMCA in Jefferson County. Murphy doesn't claim every brick in the full-service YMCA building at Festus for Herzog, but he says the White Rat did more than his share to raise funds and draw attention to the project.

In return for the effort, Herzog received satisfaction rather than an honorarium. "The man has never taken a penny for any of this. You know what he's got? He has an

honorary membership at Quail (where the tournament drew huge crowds of fans during a 1987-90 run there) and here (at Grand Marais)," Murphy said. With the YMCA up and running, the Herzog Foundation has taken on another project that wouldn't naturally attract a celebrity or a crowd: a youth golf learning center for the Metro East.

The center's emphasis will be as much on learning as on golf. Murphy says the center indeed will provide golf instruction, but it also will place participants in part-time jobs at Grand Marais.

"Not only will the kids who take part in this be exposed to golf, but they'll be exposed to work," Murphy said.

In the invitation to tournament boosters, Herzog says,

"We will teach them the requirements of work life—to get to work on time, to give a good value for the time spent at work and to take pride in their work."

A group that bought into Herzog's idea of pride in work, the Cardinals of the 1980s, will help their former manager kick off his first big-time tournament in several years.

"We're going to have the celebrity list the way it used to be," Murphy said.

"That means attracting key players from the Herzog pennant winners as well as top names in football, basketball and golf."

The primary attraction, of course, is Herzog, but it's hard to turn up your nose at a

celebrity list that includes Stan Musial, football hall of famer Jackie Smith and Missouri and St. Louis University hoops coaches Norm Stewart and Charlie Spoonhour and has business heavyweights Mike Roarty, long of Anheuser-Busch, and former St. Louis County Executive H. Milford as co-chairmen.

"We're going to bring this back to the level it used to be at," Murphy says.

At the Jefferson County YMCA, they'll tell you that is a level that helps take kids off the street and put them into the ballgame.

Herzog wouldn't have it any other way.



(Photo by JOHN FRESI)

Granite City's Josh Hickam kicks the ball as the soccer game gets under way.

•Soccer

(Continued from Page 3B)

On Friday, the Warriors lost but were respectable, falling 4-0 to Thomas Aquinas, ranked as the No. 1 soccer team in the nation. Aquinas has won four straight Class 5A titles in Missouri.

On Sunday, the Warriors were more than respectable in falling just 2-1 to Kansas City Rockhurst, another powerful team from the area.



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•Red Bud

(Continued from Page 1B)

tournament's Most Valuable Player, the second time she has received that award. Also named to the all-tournament team from Granite City was Amy Tapp.

Granite City played the Musketeers tough on Saturday, but still lost 15-5, 15-8.

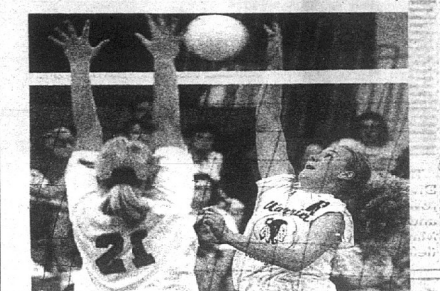
"She's our co-captain, and she deserved that," said GCHS coach Amy Cole.

"She's been fighting for us

all year, and she proved some things at the tournament."

"Rhea really likes it here," said her coach and mother Sandy. "I think the format helps her. The more games she can play in a day, the more she likes it."

The Musketeers used their trademark—team play—to breeze through the competition. It didn't seem to matter which players they had on which row.



No. 31, Granite City's Mike Posey out-maneuvers an opponent, and runs for a touchdown.

•Volley

(Continued from Page 1B)

said Cole. "These girls just don't know how to win yet."

Cole's favorite—or least favorite—statistic of the weekend that setter Tonna Drube had just over 300 sets but only recorded 70 assists. One GCHS hitter had 80 spike attempts and only registered 20 kills.

"That pretty much sums it up there," said Cole. "One of four attempts hitting the floor isn't going to win you many matches. We've got to learn how to put the ball away."

"But they're learning, and I know they'll keep working hard. One thing this tournament will give us is needed experience. We've provided this year that we can play well at times. But as long as we keep going up and down we're going to have our problems."

"I thought they showed a lot of good things against

us," Griffin said. "They missed some opportunities at the net, which cost them, but their defense and movement is very good. They stayed in a lot of points that other teams wouldn't have been able to. But, then again, they always play that way against us."

Cole said the invitational was also a good experience for her as coach. "I learned a lot this weekend, but not without a lot of help from the coaching staff, athletic director and administration. I want to thank my coaches Ruth Layton and Deb Germann, AD Jerry McKeehan and (former coach) Cindy Gagich who was the administrator on duty Saturday."

"And I do want to thank the athlete's parents as well. They were a great help. I goes unseen sometimes."

Cole said the tournament was a success, and went smoothly for the most part.

•Warriors

(Continued from Page 1B)

outside and ran it in." The three Lincoln players suspended two weeks ago did not play in this game. Adams said their situation was day-to-day.

Zelma Sanders led the Lincoln attack with 79 yards on 13 carries. Quarterback Kevin Edwards gained 35 yards on the ground, plus he was 4-for-8 in passing for a total of 77 yards.

"I hope we learned some things from this game," said Adams. "You go out and work hard and get a lead, and then you let up and allow a team to get back in the game. We had the momentum, but we gave it away."

"Lincoln definitely showed up to play," Petrillo said. "It was a hard-hitting game. I think maybe our conditioning won out in this one."

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Sports shorts

Suech memorial tourney

The Gabe Suech Memorial Golf Tournament will be held on Sunday, Oct. 20, at the Belk Park Golf Course in Wood River. The 18-hole, four-person scramble tournament will begin with a shotgun start at 9 a.m.

The tourney will be held in behalf of Gabriel Suech, a soccer player at Lindenwood College who was tragically killed in an automobile accident this past July 5. The Suech family is setting up a scholarship in Gabe's name, and this tournament will benefit that scholarship fund. All proceeds will go directly to Gary Greene, the Director of Institutional Advancement at Lindenwood for the sole purpose of benefiting the soccer scholarship fund.

The cost per person for the event is \$78, and that price features golf cart, food, drinks and prizes; as well as attendance prizes and cash prizes. Several contests during the tournament. A skins game will be available as well. Deadline for registration is Oct. 7. For more information, call (314) 355-1795.

Coed volleyball

The Granite City Park District is planning a coed volleyball league to be played on Tuesday nights beginning Nov. 5.

Games will be played at Coolidge Middle School at 7 p.m. The entry fee is \$175 per team, plus \$25 for each non-resident on the roster.

Registration is currently under way, and will close on Oct. 11.

For more information, call the Wilson Park office at 877-3059.

Baseball tryouts
The Bulldogs Midget I Base-

ball Club is holding tryouts for the 1997 season. Players must be born after July 1, 1984. For more information, call (314) 868-7765.

OATH Golf tourney

OATH, the Organization for Advancement of the Handicapped, will present its Seventh Annual Charity Golf Tournament on Oct. 18 at Arlington Golf Course. A \$30 donation per person includes the entry fee, cart, dinner and beverages.

Attendance prizes include a grand prize for the winning team, plus an optional skins game. Hole sponsorships are available for \$50, and greens fees will be paid at the course.

Four-person scramble teams are welcome, and the tourney will set up individuals in teams as well. For information or to register, stop by the OATH office on 7th Street in Madison, or call the office at 876-3178.

"RJ" Krause All-Stars
The "RJ" Krause All-Stars Sports Club of East St. Louis is seeking basketball games and tournaments for boys and girls

teams in grades 3-10. The club also needs sports equipment, uniforms, cheerleading outfits, used basketball shoes, sports magazines, books, games or trading cards. For more information, call Krause at 398-1201.

Flag football program
The Granite City Park District is organizing its Flag Football Program. The league will play on Monday nights and

Saturday nights at George Sykes Field in Wilson Park. The league is for boys in grades 3-4. Registration is being taken at the Wilson Park office.

The fees for the program are \$22 for district residents and \$30 for non-residents. Helmets and shoulder pads are furnished by the Park District. For more information, call the park office at 877-3059.

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P235/75R15	WW	98
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P195/70SR14	BLK	67	P225/75SR15	WW	94
P205/75SR14	WW	79	P235/75SR15	WW	92
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P205/75R15	85.75	257.25	FREE
P215/75R15	88.75	266.85	FREE
P225/75R15	91.75	275.25	FREE
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CUSTOM WHEELS EXTRA
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MON-FRI. 8-6 pm
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SERVING THE PONTOON GRANITE CITY AREA SINCE 1979

Arts Workshops set

Fourteen area libraries and the Catholic Children's Home will once again offer the Madison County Arts Council's Kids & Arts Workshops, which are a series of monthly workshops designed to teach children 4 to 9 years of age the basic value of art.

The one-hour workshops will be held after school during the months of October through May at the following libraries: Tri-Township Public Library in Troy, 2nd Monday; Belleville Library, 3rd Monday; Edwardsville Public Library, 2nd Wednesday; Fairview Heights Public Library, 3rd Wednesday; Granite City Public Library, 2nd Thursday; O'Fallon Library, 4th

Thursday
Collinsville Public Library,
3rd Friday

Topics covered this year by area artists will include Watercolor Painting, Native American Art, Paper Hut Village Display, China Colle/Relief Printmaking, Cartooning, Aluminum Punch Designs, Colored Photographs, and Experiments in Clay.

The registration fee is \$20 per child (\$15 per child if more than one child enrolls per family) to take the eight workshops. Class size is limited, so register soon.

For additional information, contact your local participating library or call MCAC at 618/467-2240.

United Way says 'thanks'

On Aug. 14, United Way volunteers contacted 45 local professionals in the Tri-Cities area.

This "Professional Blitz" was the first of two special solicitation days that begin the 1996 community fund drive.

"The generosity of people in our community never ceases to amaze me. Last year, business and employees of firms in Granite City, Madison, Pontoon Beach, Mitchell and Venice raised more than \$1 million for local health and human services through United Way. This total is outstanding for a community of our size," said Ray Morgan, chairman of the "Blitz."

"The annual fall fund drive for United Way is successful each year because it receives support from the entire community. Every contribution to United Way makes a difference," said Morgan.

"It is difficult to publicly recognize each and every contribution to United Way. The 'Blitz' provides an opportunity to acknowledge the support of local professionals who support the campaign each year," he said.

Thirty local professionals contributed \$3,115 during the "Professional Blitz," a 26.6 percent increase over last year's contributions by the same firms.

A thank you is extended to the following for their partici-

pation in the United Way "Professional Blitz":

Back Pain Treatment Center, Dr. Joachim Bauer, Charbonnier State Farm Insurance, Crawford Agency, Flood Realty Co., Fussell State Farm Insurance, Larry Haddix - Shelter Insurance, Hollandsworth Insurance Agency, Insurance Service Center, Kaegel Real Estate, Kismar All-State, Dr. Mark Kleindorfer, Lueders Associates, Dr. Earl Miller, Dr. Jack Miller, Morgan State Farm Insurance, Morris Realty, Mushill Agency, Nicol & Associates, Palovick State Farm, Dr. Benjamin Rose, Star Realty, Rose Stern - Realtor and Wilma Large - Farmers Insurance.

Making Future Healthcare Decisions Now

Ways to ensure your healthcare wishes are followed.

Program:

Memorial Hospital encourages you as a patient to exercise your right to make decisions regarding your medical care and treatment. An important decision which you and your family may have to face - an issue that Memorial feels is a very personal and emotional one - is the decision to sustain or prolong life using artificial methods. This program will explore the legal and spiritual aspects of documents known as "advance directives."

Advance Directives allow you to notify your physicians and the hospital of your wishes with respect to life - sustaining treatment as well as allow you to appoint a person to make decisions on your behalf when you are unable to make these decisions yourself.

Speakers:

Kirsten Hines
General Counsel, Memorial Hospital
Rev. James Corbitt
Chaplain, Memorial Hospital
Margaret Wayne, LCSW
Social Service Director, Memorial Hospital

Date, Time, Place:

Tuesday, October 8, 1996
7 p.m.
Memorial Hospital Auditorium

Information:

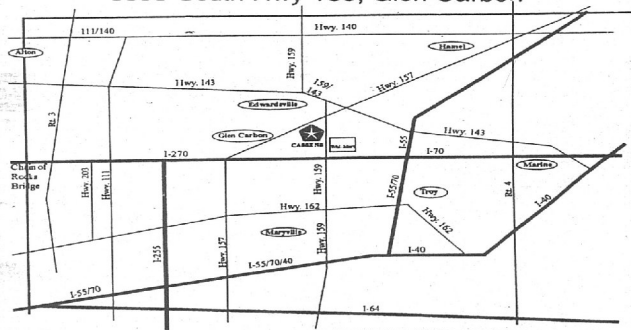
No fee is required; however reservations are requested. Call Memorial's Community Relations Department at (618) 257-5649.



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4500 Memorial Drive
Belleville, Illinois 62226

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VANS...Full Size, Cargo, 8-15 Passenger, Mini

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TRUCKS...Dakota & Full Size Ram, 8 ft. bed

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GC Granite City Steel & Community Federal Credit Union

Enterprise car sales

Beginning Monday August 12, 1996 Enterprise Car Sales will have at least 2 vehicles on display on our lot. If you like what you see, come in ask and for the keys. Drive to the Enterprise Car Sales lot in Maryville and close the deal. We're making it that simple.

SINGER School Machines

WITH SEW AND SERGE STITCHES
NEW IN FACTORY SEALED CARTONS
UNSOLD ORDERS
Our Singer Education Department placed factory orders in anticipation of large sales. Some of these machines remain in our warehouse. They cannot be held over, but will be isolated to the public.

SIMPLIFIED OPERATION
These new 1994 Singer Sew & Serge sewing machines feature simplified operation. They have all built in stitches including: straight sewing, zip-zag, buttonholes, elastic stitch, invisible blind-stitch, monogram, satin stitch, embroidery, double seams, applique, sew on buttons, top stitching, and built in serging stitch. Rolled edge option available.
At last! A machine with regular stitches and a serging stitch. An optional cutter is available to trim the fabric edge. Singer Nationwide Warranty.

SEWS ALL FABRICS
These machines are heavy duty. They will hem jeans and sew all fabrics from sheer nylon to leather without pressure adjustments. Easy to follow, illustrated instruction book and toll free back up included.

Your Price with this ad is \$186.00 without this ad \$419.00. Your check, MC, Visa, Discover, Lay-a-way welcome. Pay in full and take machine with you.

COOMERS CRAFT MALL
10:00 A.M. to 5:00 P.M.
FRIDAY Sept. 27th South County, Venture Plaza (At Lemay Ferry & Lindbergh)
SATURDAY Sept. 28th Fairview Hts., Ill. Plaza St. Clair (Behind St. Clair Square Mall)

1-800-451-4514

GCPD offering Craft classes

The Granite City Park District will offer craft classes in late October and early November that will provide decorations suitable for the home.

On Oct. 23, participants will make a door-knob basket - a 5-inch by 5-inch by 5-inch basket that will fit on a door knob and hold a variety of items. Techniques include twining and adding color. The cost of the class is \$15.

On Nov. 7, a napkin basket will be made. The 7-and-1/2-inch by 7-and-1/2 by 3-inch basket is great for holding paper napkins and a variety of other things. Techniques include adding color and wrapping a handle. The cost of the class is \$20.

Donna Burns is the instructor for both classes.

Supplies needed for basket weaving classes are a flat-head screwdriver, pencil, heavy scissors, tape measure and an old towel.

The baskets are on display in the Wilson Park office. Registration will begin Oct. 1.

Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, Sept. 25

Hamburger, cole slaw, baked beans, bun, gelatin with fruit.

Thursday, Sept. 26

Baked turkey, gravy, dressing, cranberry juice, spinach, wheat bread, butterscotch pudding.

Friday, Sept. 27

Fried fish fillet, potato triangles, zucchini and tomatoes, wheat bread, fruit cocktail.

Saturday, Sept. 30

Bratwurst, German potato salad, broccoli, bun, banana pudding.

Patterson

3718 HWY 111, PONTIAC BEACH

797-6711

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Includes: Turn Rotors or Drums

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UP TO 5 QTS. MOST CARS

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TWO WHEEL ALIGNMENT

MOST CARS

EXPIRES 10/2/96

UP TO 5 QTS. MOST CARS

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TIRE ROTATION AND WHEEL BALANCE

MOST AMERICAN CARS

EXPIRES 10/2/96

UP TO 5 QTS. MOST CARS

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Sometimes time doesn't heal all wounds...

Memorial's Wound Care and Limb Preservation Clinic can help.

Memorial's Wound Care and Limb Preservation Clinic specializes in caring for people with chronic, non-healing wounds of the legs - a significant health problem in the United States.

Among the most common problems treated in the Wound Care and Limb Preservation Clinic are:

- Venous Stasis Ulcers - from weakness in the vein walls on the lower leg.
- Diabetic Ulcers - from poor blood flow and nerve damage in the legs and feet caused by diabetes.
- Leg Ulcer - from narrowing of the arteries causing reduced blood flow in legs.

Services offered

The Wound Care and Limb Preservation Clinic team is specially trained in:

- Wound Evaluation
- Wound Treatment
- Education and Prevention

Vascular and plastic surgeons evaluate your wound and formulate an individualized treatment plan. Other physician specialists are consulted as necessary. Fees are charged according to the extent of services received.

For an appointment

Call Memorial's Marsh Cardiovascular Unit at (618) 257-5036. The Wound Care and Limb Preservation Clinic is held on Tuesdays from 8 a.m. to noon in Memorial's Physical Therapy Department.



MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62226

SCHOOL NEWS



Taking classes — The Granite City Campus of Belleville area College recently held a student orientation night to help acclimate students to the campus and college life. Student Bridget Rich of Granite City, left, discusses classes with Judy Sparks, A secretarial Science and Word Processing instructor at GCC.

MEMORIAL HOSPITAL AUXILIARY

FALL FESTIVAL EMPORIUM

Thursday, September 26

11 a.m. to 7 p.m.

Lunch: 11:30 a.m. to 1 p.m.

St. Paul's United Church of Christ

115 West "B" Street • Belleville, Illinois

Silk Flowers Quilts Crafts Plants
Jewelry Gifts Galore Fresh Produce Bakery

NEW BOOTHS:

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Sports Booth

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TRUANCY NOTICE

In an effort to curtail the chronic truancy rate in the Granite City School District, the Truancy Officer of Coordinated Youth and Human Services will be adhering more closely to the City Ordinance regarding truancy effective September 3, 1996.

If a student enrolled in Granite City District #9 is absent from school without just cause, the student and parents or guardian may be charged on a violation of City Ordinance for each absence.

This notice is an attempt to inform all Granite City District #9 students, and their parents, or any person missing 10 days or more during the last school year, of the heightened effort to get students in school.

Questions may be directed to Paula Hubbard or Julie Adams at 876-2383.

Please welcome...



Dr. Michael C. Adams
Internal Medicine



HEARTLAND
Healthcare



Dr. Todd Paxton
Family Practitioner

who recently joined Drs. Robert Blankenship, William Bonzelet, Crisale Cosas, Michael Fusco, Lawrence Harmon, Kevin Konzen, Thomas Martin, Ben Painter, Abdul Razzaq and George Williams.

Edwardsville Health Center

692-9250

1121 University Drive, Edwardsville

Wolf Medical Building

451-1500

Suite 15, Granite City

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WE'RE OVERFLOWING WITH INVENTORY & THERE'S MORE ON THE WAY! SO WE'RE MAKIN' DEALS & MOVING VEHICLES FAST!

NEW 97 SKYLARK

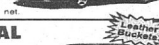
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NEW 96 REGAL

Loaded Out With Equipment: 6 Way Seat, CD, Keyless, Steering Wheel Controls, Pwr. Antenna

ONLY \$19,487 net



\$3000 Rebate on 96 Riviera's

\$2000 Rebate on 97 Riviera's

\$1000 Rebate on 96 Skylark's

\$1500 Rebate on 96 Century's

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SPECIAL LOW PRICING

AVAILABLE NOW!



THE ALL NEW 97 PONTIAC GRAND PRIX

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THE TIME IS NOW FOR BEST PRICE & BEST SELECTION!



OVER 60 GMC TRUCKS & VANS AVAILABLE

Over 25 1997 4x4 Ext. Cab
SLE and SLT SIERRA
Pickups Available



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95 Century Stk #R2857 \$11,990	95 Skylark Stk #R2894 \$10,990	96 Buick Skylark Loaded, Low Miles, V-6, \$5000 Off Demo Price \$14,792	95 Pontiac Grand Prix Loaded Stk #R2852 \$12,990	96 Buick LeSabre Loaded Stk # R2917 \$16,995
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NEW EVENING SERVICE HOURS: Mon-Fri 7:30am-7pm; Sat 7:30am-Noon

ENTERTAINMENT

Horoscope

Wednesday, Sept. 25
The moon transits into Pisces. Which road to take is the burning question of the day, and the answer is found through

introspection. Also, asking someone dear to you what he or she honestly thinks of your recent life choices brings brilliant insight and the energy to go forward. The Libra sun is opening your mind, allowing you to see both sides of the story.

ARIES (March 21-April 19). Research and careful planning lead to a sound financial investment. Avoid spending money that isn't in your bank account. Neighbors prove to be friendly and do you a favor. A partner appreciates your quick thinking.

TAURUS (April 20-May 20). Set straight a misunderstanding with a loved one and an evening of romance lies ahead. Old friends take an interest in your work. Take inventory or organize documents. Extra hours on the job will pay off later.

GEMINI (May 21-June 21). A younger acquaintance turns to you for advice on career matters. A conservative approach to business saves you money. Teach a colleague a special skill. Declare your true feelings for the lover in your life.

CANCER (June 22-July 22). A newfound job and financial security put a dream within reach. Ignore a friend's superstition regarding an important step in your life. Beautify your home. Family members look at you with pride and love.

LEO (July 23-Aug. 22). A return home leads to inspiration and a huge career move. Expose an injustice to the world. Your sympathy and sense of humor make your point of view valuable. Count on your family or your lover for undying support.

TODAY'S BIRTHDAY (Sept. 25). Develop strategies in October. Raises or promotions will result in November or January. Your love life picks up in November with a new Aquarius or Taurus lover. Monetary deals made in the next month are likely to bring in windfalls by the end of the year. The luckiest times are in December and April. The best signs for love in 1997 are Taurus and Sagittarius.

VIRGO (Aug. 23-Sept. 22). Positive thinking helps you through a trying situation. Confront your fear of rejection and you'll find that it is unfounded. Lend a sympathetic ear to your lover and you'll grow closer. You have luck in money matters today.

LIBRA (Sept. 23-Oct. 23). Patch up a quarrel with your closest friend this afternoon. A loved one intervenes on your behalf. A shrewd business deal puts you on top of the world. An employer is captivated by your charm.

SCORPIO (Oct. 24-Nov. 21). You entrance an audience with showmanship and poise. However, only sheer stubbornness keeps you climbing. Confront and defeat an age-old fear. A partner remains understanding during one of your bluest moods.

SAGITTARIUS (Nov. 22-Dec. 21). Honesty saves a relationship on the verge of catastrophe. An employer helps alleviate a financial strain. Work overtime on the job to pay off bills. Your favorite hero somehow imparts moral support.

CAPRICORN (Dec. 22-Jan. 19). Being in love makes you float through the day. Approach your job with humor and sensitivity. You can adjust to a change of roommates or residence with surprising ease. Budget your time wisely to allow for relaxation.

AQUARIUS (Jan. 20-Feb. 18). Study independently on a topic of interest. Expand your focus, and keep up old abilities. Change financial arrangements for convenience and efficiency. Your lover makes you feel more desirable than ever.

PISCES (Feb. 19-March 20). Dig deep within yourself and you'll find the strength and willpower you need. Fall in love with your lover's entire family. Correct someone's incorrect impression of you. Maintain old ties of friendship. Repay a loan.

Medical miracles
start with research

American Heart
Association
Fighting Heart Disease
and Stroke

GET A FRESH NEW LOOK AT MORE GREAT PEOPLE!

Check out the new look of Meet Your Match. It's a great place to meet exciting single people. Here's what you get:
• Free 20 Word Print Ad • Free Message Check • Free 2 Minute Voice Introduction • 24 Hour, 7 Day A Week Ad Taking Service. Meet Your Match appears every Wednesday in the Suburban Journal in Classified. Don't miss your chance meet new people! So place your ad in the new edition today, by calling 1-800-442-1289. **Meet Your Match**

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Call Kendra 618-451-2807
Theresa 931-3542 or Betty 931-6610

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ALL SEATS \$1.75
ENDS THURSDAY!
TIME TO KILL PG
8:45 ONLY
Matilda PG
FRI/SAT 7:15, 9:30; SAT/SUN MAT 2:15, 4:30
SUN-THURS 7:15 ONLY
STARTS FRIDAY!
SHELLEY LONG PG-13
A Very Brady Sequel
FRI/SAT 8:45, 9:00; SAT/SUN MAT 2:00, 4:00
SUN-THURS 8:45 ONLY
Now FREE REFILL on Popcorn & Soft Drinks!

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4225 Old Alton Road
EVERY FRIDAY
The Best
14 Oz Strip Steak Dinner
In Town!
Includes Salad and Baked Potato.
\$8.00
After Dinner Enjoy Karaoke
with Python Productions
From 8 - 12
OPEN TO PUBLIC

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CRAFT SHOW
September 28 & 29, 1996
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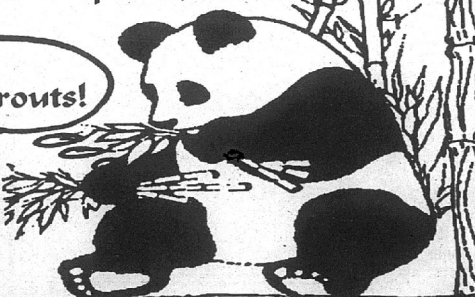
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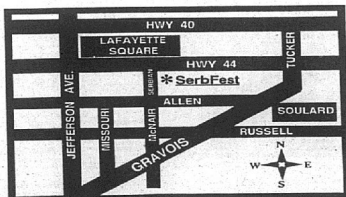
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Cold weather's coming! It's time to Prepare the Plants!
Tips from the experts at

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Where Beautiful Things Begin

The summer season of 1996 has gone into the books. Fall has arrived. And it's a fantastic time of year, with the crisp days, cool nights and gorgeous color.

But the arrival of fall signals you to go into action as far as providing some protection for your plants. Yep, that's the one disadvantage of fall; it's followed by winter.

You don't have to rush into things. We still have plenty of nice mild days ahead. And that's the time to take care of plant protection. Who wants to be out there with the cold wind howling and snow flying?

Plants that have been correctly planted, watered and fertilized are better able to withstand the harsh effects of winter. Trees and shrubs have already started doing some of the work. Back in summer, they began preparing for winter by slowing their growth rate and firming their stems.

Many other plants, however, need help from you for additional winter protection. For example, broadleaf evergreens keep their foliage all year, but the sun and wind draw water from the foliage. And when the ground is frozen, the plants can't replace the water, and as a result, scorch develops on the foliage. It's recognized by dry, brown areas.

If you keep the plants well watered throughout the fall, you can reduce this water loss. And when a nice winter thaw rolls around, you can add more water.

Another plant that's very sensitive to winter is a newly-planted tree. Winter sun can burn the exposed bark. This is known as sunscald. The bark of the tree, especially the side facing south, splits from the rapid cooling and heating that often occurs on winter days.

How can you prevent this? Wrap the tree's trunk with a paper tree wrap.

Cold temperatures can wreak havoc on roses, also. The canes can become damaged or the entire plant can die if it's left unprotected. The time to prevent this chain of events is when the first hard frost is due. Fortunately, that's still a long way off, so you can concentrate on other chores first.

Squirrels, mice, rabbits and other rodents like to feed on the tender bark at the base of young trees. You can protect these areas by placing specialized tree guards or a two- to three-foot high small-meshed fence around the trunk.

A good winter mulch is one of the best protection measures you can take, but there's no need to rush into it just yet. Mulch is great cold-weather plant protection. Bulbs, trees, shrubs, small fruits and perennials all benefit from it. Mulch acts as insulation, conserving ground heat so soil won't freeze as fast. And that's a great relief for plant roots.

Now's a good time for these steps, since winter's still a bit distant. And when these are out of the way, you'll be able to enjoy the fall season without worry.

For The Birds
Fall's also an excellent time to begin feeding wild birds. Attracting these creatures to your yard is fun and fascinating. And we'll tell you how to get started in Sunday's column.

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Today's Food

Wednesday, September 25, 1996

Food & Nutrition

Wise Ways

Babies need formula and breast milk to keep them hydrated and feed their need for nourishment.
INSIDE

Heart-y Bites

It's the itty-bitty things that count when eating fruits and vegetables. They add up to disease prevention.
INSIDE

Blue Ribbon Cook

Every season benefits from strawberry ice cream. This easy, low-fat version uses only two ingredients.
INSIDE

Private Label Test Run

With an eye on economy and variety, parents sack tasty lunch box treats, like Flavorite chewy granola bars.
INSIDE

Micro Raves

The lure of the quick fix for losing pounds leads some people astray. A slow, even approach yields lasting, meaningful results.
INSIDE

Lively Taste

Make your own onion relish to serve on hot dogs, hamburgers, veal or seafood. In saucepan, combine 2 large red onions, cut in matchstick pieces; 1/4 cup red wine; 1/4 cup red wine vinegar; 2 to 3 tablespoons honey; 1/4 teaspoon coarsely ground pepper, and 1/8 teaspoon salt. Over medium heat, cover and cook, stirring occasionally, about 25 minutes until liquid evaporates and onion is consistency of marmalade. Can be prepared ahead and stored, covered, in refrigerator up to two days.

Health & Fitness

Medicine Chest

People who itch to get rid of the effects of poison ivy may find preventative relief in sight.
INSIDE

Fresh Picks

Fresh vegetables revive leftovers, like cooked pasta. Add macaroni to vegetables — such as whole kernel corn, green beans, lima beans, chopped broccoli or spinach — during last five minutes of cooking. It is especially good added to stewed tomatoes.

Big Fat Tip

Chocolate Mocha Mousse makes a model dessert. Dissolve 2 tablespoons cocoa and 1-1/2 teaspoons instant coffee granules in 2 tablespoons hot water. Add 1-1/2 cups skim milk, 1 tablespoon chocolate or coffee liqueur (if desired) and 1 package (4 servings) instant chocolate pudding. Whisk 1 to 2 minutes until smooth. Let stand 5 minutes. Fold in 1 cup reduced-fat whipped topping. Spoon into 4 dessert dishes. Chill. At serving time, top with a fresh strawberry or a few raspberries. Each serving has 177 calories and 2.7 g fat.

Future Shop

If slicing notched, prepared cookie dough to bake fresh cookies is not easy enough, a major company is testing a chocolate chip cookie dough that comes packaged on a pan ready for the oven.

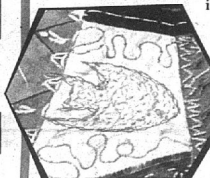
SEW CRAZY

By Janice Denham
Staff writer

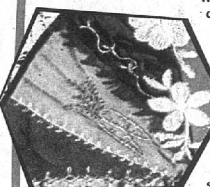
The projects surrounding the Repertory Theatre of St. Louis are still crazy after all these 30 years. Maybe that is why the Backers Volunteer Board sewed the history of the theater into an 18-block crazy quilt that now hangs in the lobby of the Loretto-Hilton in Webster Groves.



Brandy sniffer from "Rough Crossing"



Fish from "Rain, Some Fish, No Elephants"



Carrots from "Buried Child"

"We wanted to make a quilt, but we didn't know what kind. We knew we wanted it to be special and dramatic," she says.

They settled on a Victorian-style crazy quilt with its



Rick Graefe photo

Thirty years of play-ful memories at the Repertory Theatre of St. Louis are embroidered into a crazy quilt designed and made by the Backers Volunteer Board. Committee members among those who rose to the occasion are, left to right, Barbara Mennell, Sue Barley, Phyllis DeYong and Gwen Springett. It hangs in the lobby of the Loretto-Hilton Theater in Webster Groves. While it holds symbols — including three of food — of shows performed during its 30 years, the season opener, "The Most Happy Fella" through Oct. 4, offers visual incentive for the next quilt, as it is a story of a Napa Valley vintner.

pieces embroidered together in a variety of showy stitches.

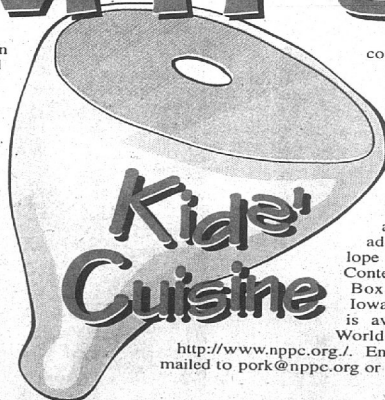
"To be real technical, it is not a real quilt. It is tied. They did not quilt in Victorian times. So we searched for those skilled in embroidery," she says.

SEE SEW, INSIDE TODAY'S FOOD PAGE 2

HAM IT UP!

If a true ham, age 7 to 12, lives in your house, put that humor to good use to compete for the title of "world's biggest ham." The National Pork Producers Council asks these little home-grown hams to submit an essay, no longer than one page, on why they qualify as the world's biggest ham and how they make their favorite ham sandwich. Entries, to be postmarked by Oct. 31, will be judged for creativity and originality.

In December, 10 finalists will be chosen to submit a 10-minute video exhibiting the entry. On it, they will demonstrate their skill as a "ham" while making that favorite ham sandwich. Video entries will be judged by a panel, including



comedians from Comedy Sportz, a professional group. A grand-prize winner will receive \$500 and a trip with a parent or guardian to New York or Los Angeles for the chance to ham it up for national media.

For more information, and rules, send a self-addressed, stamped envelope to: World's Biggest Ham Contest Rules, c/o NPPC, P.O. Box 10383, Des Moines, Iowa, 50306. Information also is available from the NPPC World Wide Web site at

<http://www.nppc.org/>. Entries can be mailed, e-mailed to pork@nppc.org or faxed to (515) 223-2646.

Today's Food

Wise Ways

Mother's milk, formula: babes' drinks of choice

Babies less than 6 months old should be given all the breast milk and formula they desire. Breast milk or formula should be their only source of fluids for sustenance.

If juice is given at too young an age, babies may not grow properly. Babies and young children who drink too much juice do not keep pace with normal growth and development of children their age.

There are multiple reasons. First, apple juice and other fruit juices may cause diarrhea, making it difficult for these children to gain weight.

Second, children who fill up on juice are missing more nutritious foods. They do not get enough milk or solid food. Milk has protein, calcium, vitamins A and D, and many other important vitamins and minerals. In contrast, apple juice has 120 calories and little else, unless it is fortified with vitamin C.

Fruit juice can be given to youngsters when they are able to drink from a cup — at about 9 months of age. Do not serve juice in baby bottles. Keep bottles for milk, formula or pumped breast milk, so juice does not compete directly with more nutritious denser foods. Limit juice for preschool-age children to 12 ounces or 1½ cups per day.

Do not give water to babies less than six months old, unless the pediatrician says to do this. Feed breast milk or formula first, if the baby is hungry or thirsty.

The National Committee to Prevent Child Abuse and the Missouri Department of Health offers these baby tips:

- Never give water instead of breast milk or infant formula when a baby is hungry. There is enough water in breast milk or formula to meet baby's needs.
- Feed all the breast milk or formula the baby wants.
- If you use powdered or concentrated formula, follow the directions to mix it. Do not add water to ready-to-feed formula. Formula not mixed correctly also can hurt a baby.

- If the baby sleeps more than usual, is hard to wake or has a seizure, get medical help fast.
- Do not feed sugar water, flavored drinks, fruit juice, soda, tea or bottled baby water in place of breast milk or formula.

For more information on feeding babies, send a self-addressed, stamped envelope to: Feeding Babies, University Extension, P.O. Box 71, Union, Mo. 63084.

Home economist Mary Schroepfer is nutrition specialist with University Extension (University of Missouri system) in Franklin County.

Private Label Test Run



Flavorite granola bars from Dierbergs could be headed to school or the office soon.

Granola bars are in the bag for lunch

Tasters this week thought baggers — lunch baggers, that is — may want to know about Flavorite chewy granola bars from Dierbergs. Ten (28-gram) bars are packaged individually in a box, which sells for \$2.39, twenty to 40 cents less than similar national brands.

They are boxed two ways — all chocolate chips bars, or a variety pack with chocolate chip, peanut butter chocolate chip, apple cinnamon and raisin nut. The variety pack let tasters sample an assortment.

The repeated favorite was apple cinnamon. "The apple cinnamon had real apple-cinnamon flavor. The rice is a plus in this one, too," a taster said.

Another added more endorsement. "The apple cinnamon is delicious. It has real fruit flavor with tart apple and a touch of cinnamon, but not too much. It is crunchy and chewy at the same time, not too high on fat (4 grams) either. It has real chunks of dried apple. This is my favorite," she said.

One taster liked the idea of a variety pack.

"Lots of times I've bought granola bars for my kids, but they get tired of a single flavor, so I end up eating them all. This would lock that problem," she said. "The bars that claim they're low in fat sometimes

amount to only half as much in a bar as these, which doesn't prove anything except they can be sliced and packaged that way."

While chocolate chip bars received many favorable votes, one taster favored the peanut butter chocolate chip. "Chocolate chip needs the extra peanut-butter taste," she thought. "Overall, they're not a bad snack though, especially for kids. They've got some nutrition and not too much fat, particularly compared to a candy bar."

Peanut butter "chips," rather than a general flavor, was an attraction for someone. "One taster thought the chocolate chip flavor resembled a chocolate chip cookie more than a granola bar. A second called it her second-place favorite next to the apple cinnamon, because it had 'lots of flavor, but isn't too sweet.'"

The texture, particularly of the chocolate chip variety, offered another attraction. "The granola bars are nice, not too sweet, and don't have too many rocky bits of nuts to get caught in your teeth. They're pleasantly chewy, but not annoyingly crunchy," she said.

All four varieties have about 130 calories. Each has 4 grams fat, except the raisin nut, which weighs in with 6 grams.

Micro Raves

Short-term fad diets weigh heavily in long run

At any given time, statistics say, as many as 50 percent of Americans are dieting. While some are based on medical need, most are for weight loss. While the weight may fade, keeping it off is a problem. America holds the honor — not necessarily a proud one — of being the fastest country in the world.

The simple answer is Americans eat too much and exercise too little. The choice of foods has something to do with it, too. Too many fats, oils, sweets, meats, creams and sauces overpower the plate to the exclusion of fruits, vegetables and whole grains.

The "cabbage diet" was recently popular. Like most intense, one-food diets, it capitalized on people losing mainly water weight, a temporary result. Why does a diet fail?

Any diet that restricts food groups and offers quick losses is destined for failure. Only a slowly achieved, permanent change in eating habits and lifestyle works. The key is make new habits permanent. Any return to old eating patterns is a return to old weight — and more usually.

In "Microwaving on a Diet" from the Microwave Cooking Library, author Barbara Methven says, "Even if you take vitamin and mineral supplements, a fad diet may result in nutritional deficiencies. There may be an initial weight loss; frequently, what is lost is body fluid rather than stored fat. One-food diets are boring, even if you like the food."

"Weight which is lost quickly also is regained quickly. A good reducing diet maintains health, promotes good eating patterns,

and produces steady and reasonable weight loss."

Reflecting health concerns, our government implemented the Food Guide Pyramid to promote healthy eating patterns. The rationale is if people eat the recommended amounts from the base of the pyramid, they should not be hungry and tempted to eat or overeat foods from the top.

Working from base of the pyramid, here are the recommendations:

- Six to 11 servings of rice, bread, cereal and pasta;
- Three to 5 servings of vegetables;
- Two to 4 servings of fruit;
- Two to 3 servings of milk, yogurt and cheese;
- Two to three servings of meat, poultry, fish, dry beans, eggs and nuts;
- Fats, oils and sweets should be eaten only sparingly.

Unfortunately many people think of this only as a "guide," rather than a strong recommendation. Other organizations whose primary purpose is not intent on health have been furthering the message. For instance, the "Mobil Guide" restaurant rating service downgrades eateries that do not offer healthier choices as part of their menus. Even fast food restaurants offer nutritional and caloric information for interested patrons.

A microwave oven can be a healthy eater's friend, because it enhances better-eating techniques. If a recipe calls for butter or margarine for sauteing, skip it, use broth or juice, or use half the amount of a reduced-fat or fat-free variety or flavored oil. Salt can be cut and added

KATHY HANEWINKEL

Home economist Kathy Hanewinkel specializes in microwave cooking.

after cooking. Use fat- and sodium-free herbs and spices for flavor. For even microwaving, vegetable pieces should be uniform in size and density. Otherwise, place larger or denser pieces toward outside of container. The best shape for microwaving is a ring. For instance, when microwaving 5 potatoes, arrange them in a circle.

Home economist Kathy Hanewinkel specializes in microwave cooking.

SESAME CABBAGE ORIENTAL

- 2 tsp. sesame oil
- 1 large onion, sliced in strips
- 1/8 tsp. garlic powder or 1/2 tsp. minced garlic
- 1 tbsp. reduced-sodium soy sauce
- 1/4 tsp. ground or 1/2 tsp. finely minced ginger
- 1 tsp. low-sodium beef bouillon granules
- 2 tbsp. water
- 7 to 8 cups thinly shredded cabbage
- 1 tbsp. toasted sesame seeds

In microwave-safe bowl, microwave oil and onion on high power 2 minutes.

Combine garlic, soy sauce, ginger, bouillon and water. Pour over onion. Microwave 1 to 2 minutes longer until onion is soft.

Place cabbage in large container. Pour onion mixture over cabbage. Stir lightly. Microwave, covered, on high power about 8 minutes until tender-crisp. Toss lightly with sesame seeds.

Makes 6 servings, 55 calories each.

Blue Ribbon Cook

Sweet, icy dessert keeps creaminess

Evelyn Schneidewind, Collinsville, is winner of this week's recipe contest for Easiest-Ever Ice Cream. She wins a prize of certificate from the Pasta House Co.

She's right. This could not be easier. Just combine two ingredients, freeze the mixture, whip it and freeze it again. The jam makes it very sweet, while the buttermilk gives it tang. The texture stays creamy and the mixture loses its tang over time. It is very low in fat.

Recipes in this month's Apple-icious Recipe Contest should be postmarked by Monday for consideration as a winner during Octo-

ber. Just send in any type of recipe that uses apples as a main ingredient.

One recipe per household can be sent to: Apple-icious Recipe Contest, Suburban Journals, 1714 Deer Trail, Trail, St. Louis, Mo. 63131. A prize from the Pasta House Co. will be awarded each Wednesday in October, which is a bonus month with five Wednesdays.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners.

Originality will be consid-

ered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the Journal you received.

Winners are notified by mail.

EASIEST-EVER ICE CREAM

- 1½ cups strawberry jam
 - 2 cups buttermilk
- Stir together jam and buttermilk. Freeze until firm. Break up mixture. Whip until fluffy. Freeze again.

BUTTERSCOTCH BROWNIES

- 1/4 cup butter
- 1 cup brown sugar
- 1 egg
- 1/2 cup flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. vanilla

Preheat oven to 350°. Grease 8-inch square pan. Melt butter. Remove from heat. Stir in sugar. Cool. Beat in egg.

Sift together flour, baking powder and salt. Add to butter mixture. Add vanilla. Pour into prepared pan. Bake in preheated oven 18 to 20 minutes.

Cool before serving. Makes 8 servings.

Sew

Continued from page 1C. Symbols from the plays were embroidered on the quilt in energetic hues. Barbara Nussbaum, a committee member familiar with all the plays throughout the 30 years, took the list of plays and suggested symbols that conveyed their "immediacy."

Twenty-three volunteers received kits they embroidered at home. Thus, a "Streeter Named Desire," which played in the 1967-68 season, while a handkerchief symbolizes "Othello" from the next season.

The blocks are elongated hexagons.

"We thought of that right away because of the 'clouds' in the ceiling of the theater that are floating. They serve for acoustics

and hide all the lights and wires and things," Barley says.

Fabric and trims came from the treasures of costume shop manager J. Bruce Summers. Photographs were transferred to fabric and included in the quilt.

"Victorian quilts would many times have photographs in them. We have a large file of black-and-whites from the plays, so we decided to go through and get samples of 10 of them," Barley says.

At first, the backers' group thought the quilt would be raffled, but found they couldn't let a single person wrap up their personal project. Instead, they decided to find a permanent location for it in the lobby after this season and now offer it photographed

to many people on note cards available at the theater gift shop in a package of eight for \$10.

A brandy snifter reference to "Rough Crossing" (1993-94), a fish is a reminder from "Rain, Some Fish, No Elephants!" (1989-90), and carrots are taken from "Buried Child" (1981-82).

While these are the only three food symbols in the quilt, the backers, who plan all volunteer projects at the theater, always have supported it in delicious ways.

Their second cookbook, "Opening Night Entertaining" (1995) is the current recipe source they use when hosting special events. It consists of two "acts" — appetizers which "set the stage" and desserts for "the final curtain" — submitted by local food

professionals.

Company Care is the division of the volunteer board which, among its nurturing activities through many years, gather it in groups to make casseroles and other main parts of the meal for performers when they give back-to-back performances on Saturdays.

These recipes from the cookbook often are served. The relish comes from Sherrill Gonterman of La Chef Catering, the brownies are a recipe of David Schwartz of Blayney Catering.

SANTA FE RELISH

- 1/2 cup frozen corn
- 1/2 cup chopped black

olives

- 1/2 cup diced red bell pepper
- 2 tbsp. diced white onion
- 2 cloves garlic, minced
- 1 tsp. black pepper
- 1 tsp. oregano
- 3 tbsp. olive oil
- 1 tsp. lemon juice
- 1/2 tsp. white wine vinegar
- Salt
- 2 ripe avocados, peeled, diced
- Tortilla chips

A day before serving, combine corn, olives, red pepper, onion, garlic, black pepper, oregano, oil, lemon juice, vinegar and salt. Cover. Refrigerate.

On day of party, add avocado. Serve with tortilla chips.

Today's Food

Heart-y Bites

By BECKY BLAIR

Body that starts healthy better at avoiding illness

Your mother told you when you were a child, "Finish eating your Brussels sprouts. They're good for you." But you never really believed her, did you? The truth is that, like most of her advice, her direction on eating fruits and vegetables was right on the mark.

Foods contain familiar nutrients — protein, carbohydrate, fat, vitamins and minerals — but they also contain phytochemicals.

Phytochemicals are naturally-occurring chemicals found in foods which may have health-promoting potential. At this time, they are not known to have traditional nutritional value.

Phytochemicals are plentiful in foods already known to be healthy: fruits, vegetables and grain products. Soy products and some herbs and spices — such as onion, parsley, basil, ginger and garlic — also provide them.

With their recent discovery, phytochemicals are being researched in many directions. Current research leans toward defining intake levels that help prevent chronic diseases, such as heart disease and cancer, rather than simply avoid deficiencies, like historical recommendations for vitamin C and iron.

Taking a phytochemical pill has been explored as an easy solution. However, early exploration of them indicates other phytochemicals not present in significant amounts in pills may exert beneficial effects.

Just one serving of a vegetable is estimated to contain more than 100 different phytochemicals. Eating many different kinds of foods and emphasizing fruits, vegetables, legumes and whole grains may offer the abundance of phytochemicals, plus essential vitamins and minerals, that are needed in combination.

Taking pills does nothing to encourage healthy changes in overall eating. Incorporating fruits and vegetables leads to a diet lower in saturated fat and cholesterol and higher in fiber, while helping maintain desirable weight or lose excess pounds.

Many people find it easier to add fruits, rather than vegetables, to everyday meals and snacks. This

quick and tasty casserole provides a hearty dose of phytochemicals, folic acid, vitamin A and fiber.

A mother's diet rich in folic acid helps avoid birth defects in babies. Good sources of folic acid are dark green leafy vegetables, asparagus, dried beans, peanuts, orange juice, fortified breakfast cereals and enriched grain products.

Registered dietitian

Becky Blair is a member of the nutrition committee for the American Heart Association, St. Louis Chapter.

SPINACH-BEEF MUSHROOM CASSEROLE

2 pkg. (10 oz. each) frozen

chopped spinach, thawed, drained
1 tsp. salt, if desired
1 lb. extra-lean ground beef
1 large onion, finely chopped
8 oz. mushrooms, sliced
1 cup fat-free sour cream
1 cup (4 oz.) shredded fat-free cheddar cheese
1 1/2 tsp. Italian herb seasonings (or 1/2 tsp. each oregano, basil and thyme)

1/3 tsp. nutmeg
2 tbsp. grated parmesan cheese

Preheat oven to 350°. Over medium heat, cook beef 2 to 3 minutes. Crumble meat.

Add onion and mushrooms. Cook about 5 minutes until most of liquid is gone. Remove from heat. Stir in spinach, salt, sour cream, Italian seasoning, nutmeg and cheddar

cheese. Turn mixture into shallow 2-quart casserole dish. Sprinkle with parmesan cheese on top. Bake in prepared oven 20 to 25 minutes. Yields 6 servings; 228 calories, 24 g protein, 10 g fat, 17 g carbohydrate and 50 mg cholesterol each (using fat-free sour cream and fat-free cheddar cheese saves about 8 grams fat and 72 calories per serving).

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FEELING FIT
By Mark Lymberopoulos

NASA's exercise tips for the astronauts (good for the rest of us, too): don't touch toes with straight knees, don't do sit-ups with straight knees, and don't stretch muscles before warming up. Onions raise the level of high density lipoproteins—the GOOD cholesterol. And the hotter the onion, the better it is. Feeling stiff at your desk? Take an exercise break! When neck feels tense, let your head fall to the right, up again, and then to the left. Do this toward your chest, and then backward, four times each. Beware megadoses of vitamin B6. Reports are coming in of toxic reactions such as dizziness and impaired sensation in hands and feet. Recommended Daily Allowance is 2 to 4 mg.

Here's how to strengthen hamstrings and lower back. Standing, cross right foot over the left, drop chin to chest, curve spine and stretch arms to the floor. Touch if you can. Slowly lift your body, stretching arms up. Reverse sides, and repeat three times.

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Today's Food

Satisfying breakfasts pack energy

Chilly fall temperatures signal the start of a busy time of year. Before beginning new tasks, each person should start every day with a good breakfast. These recipes — using sweet, plump blueberries and hearty eggs — easily turn breakfast into the favorite meal of the day.

Breakfast, literally a "break" from the "fast" since the last meal, should provide plenty of nutrients. Nutritionists recommend two to four servings of fruit a day. Blueberries say "breakfast" in a colorful, flavorful accent.

Blueberry-Stuffed French Toast gives an old standby a new twist. Pockets are cut into Italian bread slices, then filled with orange-tangy blueberries. Dipped into a mixture of egg and orange juice, these slices receive convenient baking. Then they are served with a luscious Blueberry Orange Sauce.

Another way to celebrate the morning is with Blueberry-Filled Dutch Pancake, a puffy restaurant-style creation, sure to please early birds. An egg-and-milk batter is baked in a pan until puffy and tender. Once out of the oven, it is filled with fruit, cinnamon-scented blueberries and bananas.

HAM WITH APPLE MUSTARD GLAZE

Melt 1/2 cup apple jelly in saucepan on stovetop. Remove from heat. Whisk in 1 tablespoon Dijon mustard, 1 1/2 teaspoons lemon juice and 1/8 teaspoon ground cloves. Cool to room temperature.

Score surface of 7- to 9-pound fully-cured ham in diamond pattern. Place in roaster. Bake in preheated 350° oven about 1 hour (8 minutes per pound).

Increase oven temperature to 450°. Brush ham with jelly mixture. Bake 5 to 7 minutes longer until glazed.

Let stand 10 minutes before slicing.

BLUEBERRY-STUFFED FRENCH TOAST

6 eggs
1 tsp. grated orange peel
3/4 cup orange juice
3 tbsp. sugar
Pinch salt, if desired
1 cup fresh or frozen blueberries, thawed and drained if necessary
8 slices (1 1/4 inches thick) Italian bread
1/2 cup sliced almonds
Blueberry Orange Sauce

Preheat oven to 400°. Coat large baking sheet with nonstick cooking spray.

In medium bowl, beat eggs, orange peel and juice, 2 tablespoons sugar and salt until well blended. Pour into 13-by-9-inch baking pan.

In small bowl, combine blueberries and remaining 1 tablespoon sugar.

Using tip of sharp knife, cut pocket 1 1/2 inches wide in side of each bread slice.

Evenly divide blueberry mixture between pockets.

Place filled bread in egg mixture. Let stand, turning once, about 5 minutes on each side until egg mixture is absorbed.

Arrange bread on prepared baking sheet. Sprinkle with almonds. Bake in preheated oven about 15 minutes, turning slices after 10 minutes, until golden brown.

Serve with Blueberry Orange Sauce.

Blueberry Orange Sauce: In cup, combine 3 tablespoons sugar, 1 tablespoon cornstarch, and, if desired, 1/8 teaspoon salt. In small saucepan, bring 1/4 cup orange juice and 1/4 cup water to boil. Add 1 cup fresh or frozen blueberries and 1 cup orange sections (about 2 oranges). Return to boil. Cook about 2 minutes until liquid is released from fruit. Stir in sugar mixture. Cook, stirring constantly, 1 to 2 minutes until sauce thickens. Yields 2 cups.

BLUEBERRY-FILLED DUTCH PANCAKE

1 tbsp. butter
3 eggs
1/2 cup skim or low-fat milk
1/2 cup flour
3 tbsp. sugar
1/4 tsp. salt, if desired
1 1/2 cups fresh or frozen blueberries, thawed and drained if necessary
1/4 tsp. cinnamon
1/2 cup sliced banana

Preheat oven to 450°. Place butter in 9-inch pie plate or 9- or 10-inch oven-proof skillet. To make handle oven-safe, wrap completely with aluminum foil. Place in oven about 5 minutes to melt butter. Tilt plate to coat evenly with butter.

In medium bowl, combine eggs, milk, flour, 1 tablespoon sugar and salt until smooth. Pour into hot butter. Bake 8 minutes.

Reduce oven heat to 375°. Bake 8 to 10 minutes longer until pancake is golden brown and outer edge puffs. In small bowl, combine blueberries, remaining 2 tablespoons sugar and cin-

namon.

Remove pancake from oven. Scatter banana on top. Spoon blueberries over banana. Cut in wedges. Serve immediately.

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Today's Food

September 25, 1996—Granite City Journal—Page 5C

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Candy Bar Cheesecake correction

For those saving last week's recipe for Candy Bar Cheesecake for a special occasion, replace it with this one. It is reprinted in its entirety.

CANDY BAR CHEESECAKE

- 4 (2.07 oz. each) Snickers candy bars, coarsely chopped
- 1 1/4 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 1/4 cup (1/2 stick) margarine or butter, melted
- 3 pkg. (8 oz. each) cream

- cheese, softened
- 1 can (14 oz.) regular, low-fat or fat-free sweetened condensed (not evaporated) milk
- 3 eggs
- 1 tbsp. vanilla
- 1/4 cup firmly packed light brown sugar
- 1/4 cup whipping cream, unwhipped

Preheat oven to 300°.

Combine graham cracker crumbs, granulated sugar and margarine. Press firmly on bottom of 9-inch springform pan.

In large bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Beat in eggs and vanilla. Add all but 1/2 cup chopped candy.

Pour cheese mixture over crust. Bake in preheated

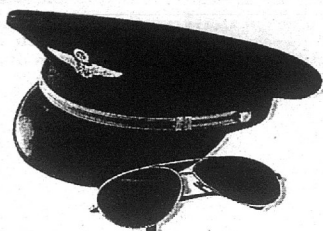
oven 1 hour 5 minutes or until center is set. Cool. Chill.

In small saucepan, bring brown sugar and whipping cream to boil. Stir in reserved 1/2 cup chopped candy. Over low heat, boil 1 minute. Let cool.

Garnish top of cake with 1 to 2 tablespoons cooled glaze. Serve cheesecake with remaining glaze. Refrigerate leftovers.

PUNCHY PLUMS

In blender, whirl together 2 or 3 fresh plums, coarsely chopped; 1/2 cup plain low-fat yogurt; 2 tablespoons wheat germ, and 3 ice cubes, cracked, until smooth. Makes 1 1/2 cups.



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Sizzlin' chicken scores big touchdown to win

Spicy-sweet, fuss-free to prepare and bright as a new bandana, San Antonio Sweet-and-Sour Chicken took top honors — and a \$3,000 grand prize — in the 1996 Pace Picante Sauce "Pick Up the Pace" Recipe Contest.

Created by Doranne Candelaria — a Santa Fe, N.M., cooking hobbyist and first-time recipe contest entrant — the dish dazzled judges with sizzling East-meets-Texas taste and super-easy preparation.

Ready to serve in 30 minutes, the prize-winning recipe begins with the essential ingredients found in classic sweet-and-sour chicken — chicken, pineapple and bell pepper — then adds fresh appeal with fresh jalapenos and bold Texas-style picante sauce. The winner was inspired by a sauce her mother made for ham.

The dish can be adjusted to the desired degree of jalapeno heat by choosing mild, extra mild, medium or hot picante sauce.

Recipes in this year's contest mirrored the way many Americans cook today. Ground beef easily outran chicken as most frequently used in these main dishes. In the 30-minute main dish category, more folks flocked to chicken. Pasta and shellfish entries increased by more than 50 percent, while fish was found in fewer than four percent.

One trend noted across several contest categories was greater use of fruit as an ingredient. Pineapple

led the pack.

Recipes for stuffed main dishes — especially bell peppers, pasta shells, cabbage leaves and tortillas — abounded.

SAN ANTONIO SWEET-AND-SOUR CHICKEN

- 1 can (20 oz.) pineapple chunks in heavy syrup, drained, reserving syrup
- 2 tbsp. cornstarch
- 2 tbsp. soy sauce
- 2 tbsp. oil
- 1 lb. skinless, boneless chicken breast, cut in strips
- 2 medium green or red bell peppers, cut in 1 inch pieces (about 2 cups)
- 1½ cups picante sauce
- 4 cups hot cooked rice

In cup, mix cornstarch, pineapple syrup and soy until smooth.

In medium skillet over medium-high heat, heat half the oil. Cook chicken in 2 batches, stirring often, until browned.

Reduce heat to medium. Add remaining oil. Add peppers. Cook until tender-crisp. Add picante sauce and pineapple. Stir cornstarch mixture and add to skillet. Stirring constantly, cook until mixture boils and thickens.

Return chicken to pan. Heat through. Serve over rice.

Makes 4 servings.

SOUR CREAM FOR MAYONNAISE

By replacing ¾ cup mayonnaise in a standard recipe with light sour cream, fat per 1-cup serving can be reduced from 15 grams to only 6 grams.

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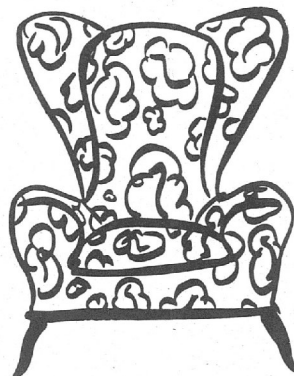
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Recipes

CRISP APPLE AND BLUE CHEESE SALAD

1/2 tsp. oil
 1/2 cup pecan halves
 2 tbsp. sugar

12 cups mixed salad greens
 Creamy Apple Basil Dressing
 2 braeburn apples, cut in wedges
 4 slices bacon, cooked until crisp, crumbled
 6 tbsp. crumbled blue

cheese

Spray piece of aluminum foil lightly with nonstick cooking spray.
 Heat oil in nonstick skillet. Toss pecans with oil until coated. Add sugar and salt. Stir to coat pecans. Over medium heat, cook and stir 3 to 4 minutes until sugar melts and pecans are glazed. Turn onto prepared foil. Let pecans cool completely.

To assemble salad, toss greens with Creamy Apple Basil Dressing. Divide between serving plates. Fan apple slices over greens. Scatter bacon and cheese over apples. Top with glazed pecans.

Creamy Apple Basil Dressing: In small bowl, mix together 1/4 cup plain yogurt, 3 tablespoons apple juice, 2 teaspoons Dijon mustard and 1/8 teaspoon salt until thoroughly combined. Whisk in 1/4 cup oil and 3 tablespoons chopped fresh basil.

Makes 4 servings; 428 calories, 31 g fat, 10 g protein, 16 mg cholesterol, 32 g carbohydrate, 463 mg sodium and 5 g dietary fiber each.

APPLESAUCE-RAISIN BREAD

1 cup applesauce
 1/2 cup oil
 1/2 cup sugar
 1 1/4 cups flour
 1 tsp. baking soda
 1/2 tsp. salt
 1 tsp. cinnamon
 1/2 tsp. cloves
 1/2 tsp. nutmeg
 1 egg, slightly beaten, or 2 egg whites
 1 cup raisins

Preheat oven to 325°. Grease and flour 8-by-4-inch loaf pan.
 Mix applesauce, oil and sugar.

In separate bowl, mix together flour, baking soda, salt, cinnamon, cloves and nutmeg. Gradually add to applesauce mixture.

Add egg and raisins. Stir until mixed.

Pour into prepared pan. Bake in preheated oven 1 hour 20 minutes or until done.

Makes 16 slices; 168 calories, 2 g protein, 25 g carbohydrate, 7 g fat and 123 mg sodium each. Diabetic exchange: 2 bread, 1/2 fruit.

17th ANNUAL HERITAGE DAYS

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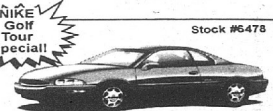
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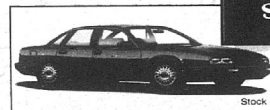
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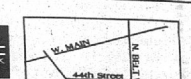
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ST. LOUIS 16TH ANNUAL BUILDERS HOME & REMODELING SHOW

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Brian Santos
"The Wall Wizard"



June Roesslein
"Award-Winning
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Dale Rohman
"America's Flower
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FEATURES

Visit a mini-cul-de-sac filled with custom playhouses at the **Second Annual CASA on Make-A-Wish Street**. Buy a chance to win from the Make-A-Wish Foundation and CASA.

Tour June Roesslein's **Before & After House** and see some of the area's ugliest rooms transformed into a designer showcase.

■ **Best Buy's High Tech Showcase** featuring home computers, home theater and much more!

■ **Kitchen & Bath Showcase**

■ **Old Country Garden Center** featuring fall perennial favorites and crafts.

EXCITING STAGES

■ **American Blind & Wallpaper Factory** presents Brian Santos, the "Wall Wizard," who will demystify the art of wall finishing on the "Wall Magic" stage.

■ **St. Louis Post-Dispatch Better Living Theater**

■ **Interior Design Theater**

■ **Garlic Guru Cooking Shows**

HOURS

Wednesday 5 p.m.-10 p.m.
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Schnucks Half-Price Adult Admission coupons good only Wed. 5 p.m.-10 p.m., Thurs. Noon-10 p.m., Fri. Noon-5 p.m.

Free Seniors Admission Thurs. and Fri. Noon-5 p.m., must show proof of age (62 & up), sponsored by the Suburban Journals.

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Ride the FREE shuttle from the Arch/Laclede's Landing parking lots!



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Sept. 25-29

Ideas Are Everywhere at the 16th Annual Builders Home & Remodeling Show

St. Louisans will find ideas, experts and everything for the fall home improvement season at the 16th Annual Builders Home and Remodeling Show at America's Center September 25 through 29. The show, sponsored by the Home Builders Association of Greater St. Louis, will include 250 companies exhibiting in nearly 600 booths.

Jump-start fall home improvement plans with advice from the pros. The main stage, the **St. Louis Post-Dispatch Better Living Theater**, will host a variety of celebrity speakers including **Don Aslett**, "America's Number One Cleaning Expert." Aslett is the world's undisputed "King of Clean." He will make audiences laugh as they learn when he presents "Clean In a Minute," "Not for Packrats Only" and "Make Your House Do the Housework." **Dale Rohman**, "America's Flower Man," will dazzle audiences with how-to tips when he demonstrates "Flower Arranging: The Ins, the Outs, the Hots, the Nots." **Jeff Holper**, **Holper's Pest Control**, will present "Top Ten Tips for a Pest-Free Home" and "I Want to be a Mole Killer." The "Beardstown Ladies," ranging in age from 42 to 90, are famous for their investment club which boasts a 23 percent average annual return (nearly double what the S & P 500 earned) over the last decade. They will share their homespun advice for keeping a household fiscally fit. The "Garlic Guru" will entertain show audiences with tasty garlic recipes, humorous anecdotes, growing tips and bulb ball games during his **Garlic Festival Cooking Shows**.

Exciting feature areas offer show visitors a chance to experience something unique to the Home and Remodeling Show. The **Second Annual CASA on Make-A-Wish Street**, a must-see display of children's playhouses, is back by popular demand. Several of St. Louis' finest builders have put their talents to work creating mini-homes that any child would cherish. The public will have an opportunity to win the playhouses through donations to CASA on Make-A-Wish Street. All proceeds will benefit the Make-A-Wish Foundation of Greater St. Louis and Court Appointed Special Advocates (CASA) of St. Louis County, two non-profit children's charities.

Attendees looking for new electronic products will enjoy **Best Buy's High Tech Showcase** where they will experience everything high tech for the home. The area will include the latest home computers, home theater, cellular phones and software. The **Kitchen and Bath Showcase** has the latest kitchen and bath products and services located in one spectacular aisle. Fall perennial favorites, crafts, quilts and much more can be found at the **Old Country Garden Center**.

As St. Louisans begin to move inside after the hot summer, the focus changes to interior design. June Roesslein's interior design team has taken some of the area's ugliest rooms and transformed them into a **Before and After House** designer showcase. Tour the "after" version of a living room, kitchen, summer sleeping porch and an outdoor patio. Roesslein and her staff will also present topics such as "Home Improvement: Creating Rooms With Style" and "The ABCs of Interior Design" at the **Interior Design Theater**.

Show visitors looking to transform their mundane walls into something magical will enjoy the interactive "Wall Magic" stage presented by American Blind and Wallpaper Factory. Brian Santos, the "Wall Wizard," will demystify the art of wall finishing just in time for the holidays.

HOME & REMODELING SHOW

FREE SENIOR ADMISSION

Thursday, September 26, Noon-5 p.m.
Friday, September 27, Noon-5 p.m.

Suburban Journals

Seniors over the age of 62 can present this coupon at the Home Show box office Thursday and Friday, September 26 and 27, 1996 between noon and 5 p.m. and receive one free adult admission. Limit one offer per coupon. Multiple coupons may be used by one family.



FOOD

AFTER-SCHOOL 'SANDWICHES'

Layer softened ice cream between store-bought cookies. Freeze on a tray. When firm, wrap in plastic to store. If desired, a tidbit of pineapple, a raspberry or blueberry, slice of banana or strawberry can be placed in center of ice cream.



Old Newsboys Day has been a St. Louis tradition since 1957-and now you can be apart of it.

For 39 years, volunteers have taken to the streets to sell these special Old Newsboys Day editions.

Every penny raised is donated to children's charities in the St. Louis area. In fact, volunteers collected \$182,000 for over 250 charities last year alone, bringing the total to over \$5,000,000 since the Old Newsboys Day tradition began.

Now you and your school can join the ranks of numerous volunteers on Old Newsboys Day, Thursday, November 7th. You'll receive an Old Newsboys button and apron, as well as a bundle of valuable coupons just for helping out.

To sign up or for more information, please call our Old Newsboys Day Hotline at (314) 821-0211. It's that easy to take part in a great St. Louis tradition!

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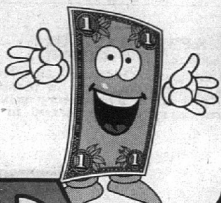
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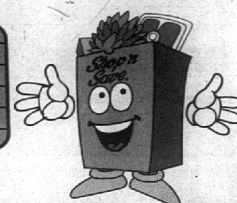
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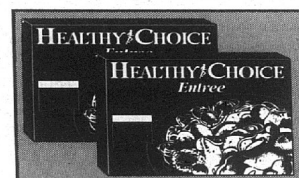
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Liquor Prices Good at Illinois Stores Only. Some items not available at all stores.

Shop'n Save Liquor Dept. VALUES!



REGULAR, LIGHT, ICE OR ICE LIGHT
Budweiser Beer

1277
24/12-OZ. CANS



Canadian Mist

1099
1.75-LTR. BTL.

Shop'n Save Health & Beauty VALUES!



ALL VARIETIES, CONDITIONER OR
White Rain Shampoo

89¢
15-OZ. BTL.



OUR LOW SALE PRICE \$2.50
TABLETS, CAPLETS OR GELCAPS
24-CT. PKG.

Motrin IB

Free
AFTER \$2.50 MAIL-IN REBATE AVAILABLE IN-STORE

Red Dog Beer..... **399**
12/12-OZ. CANS
NOT AVAILABLE AT CAHOKIA OR BELLEVILLE STORES

Natural Light or Natural Ice Beer..... **797**
24/12-OZ. CANS

REGULAR, LIGHT OR DRY
Michelob Beer..... **997**
18/12-OZ. CANS

Miller Premium Varieties..... **89¢**
24-OZ. CANS

SELECT VARIETIES
Samuel Adams..... **479**
6-N/R BTL.

REGULAR, LIGHT OR ICE
Milwaukee's Best Beer..... **379**
12/12-OZ. CANS

Glen Ellen White Zinfandel..... **399**
750-ML. BTL.

Livingston Cellars Wine..... **649**
3-LTR. BTL.

GPC Cigarettes..... **1299**
CARTON
PRICE INCLUDES EXCISE TAX, SALES TAX ADDITIONAL

Jack Daniels Cocktails..... **3/999**
4-PACK

Jim Beam..... **729**
750-ML. BTL.

Popov Vodka..... **949**
1.75-LTR. BTL.

ASSORTED VARIETIES
DeKuyper Schnapps..... **649**
750-ML. BTL.

Ron Rico Rum..... **1299**
1.75-LTR. BTL.

Gilbey's Gin..... **1199**
1.75-LTR. BTL.

MERLOT, CHARDONNAY
WHITE ZINFANDEL, OR CABERNET
Paul Masson Wine..... **2/599**
1.5-LTR. BTL.

SELECTED VARIETIES
Franzia Wine..... **649**
5-LTR. BOX

**Please-Be Responsible
Don't Drink & Drive**

RIGHT GUARD, SOFT 'N DRI
OR DRY IDEA
Clear Gel Deodorants..... **219**
2.25-3 OZ. PKG.

ASSORTED VARIETIES
Good News Disposable Razors..... **199**
5-CT. PKG.

ASSORTED VARIETIES
Gillette Foamy Shave Cream..... **139**
11-OZ. CAN

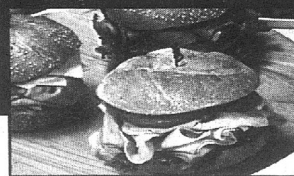
GEL OR
Colgate Toothpaste..... **139**
4.4-4.6 OZ. PKG.

ACID REDUCER
Axid AR Tablets..... **369**
12-CT. PKG.

2-PK. C OR D OR
1-CT. 9 VOLT
Duracell Batteries..... **199**
4-PK. AA OR AAA \$2.49

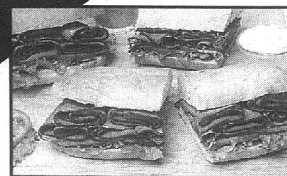
Bakery, Seafood & Deli Dept. VALUES!

Bakery, Deli, & Seafood not available at all stores



SMOKED
Jennie-O Turkey Breast

299
lb.



FAT FREE
Emmber's Roast Beef

399
lb.

Shop'n Save Photo Processing

Your Choice of Single Prints Plus
FREE FILM or DOUBLE PRINTS



379
EVERYDAY
24-exp.
3 1/2 inch prints

Shop'n Save Family Video Center

EVERYDAY LOW RENTAL PRICES!
ALL NEW RELEASE ALL OTHER TITLES

99¢
EACH

49¢
EACH

ALL VIDEO GAMES 99¢ EACH
AT STORES WITH VIDEO CENTER ONLY

Mickelberry Deli Ham..... **399**
lb.

FRESH BAKED
Rye Bread..... **99¢**
16-OZ. LOAF

Cinnamon Pull-A-Parts..... **169**
22-OZ. PKG.

SINGLE LAYER
German Chocolate Cake..... **399**
8-INCH

Whole Channel Catfish..... **229**
lb.

Fresh Ocean Perch Fillets..... **399**
lb.

Sea Best Fish Sticks..... **299**
2-LB. BOX

Cooked Salad Shrimp.... **399**
lb.

More Great Values In-Store!

Save ^{UP TO} \$2731

OR 26% On Identical Items at Shop 'n Save!

BUY ALL THE ITEMS IN THE LIST BELOW AND PAY:

\$75.78
AT
SHOP 'N SAVE

\$103.09
AT SCHNUCKS
★ YOU SAVE \$27.31
OR 26% AT
SHOP 'N SAVE

\$102.51
AT DIERBERGS
★ YOU SAVE \$26.73
OR 26% AT
SHOP 'N SAVE

\$101.96
AT NATIONAL
★ YOU SAVE \$26.18
OR 25% AT
SHOP 'N SAVE

THESE ARE SHOP 'N SAVE'S
Everyday Low Prices!

Totals Above Do Not Include Sales Tax

GROCERY DEPT.	Shop 'n Save	Schnucks	Dierbergs	National
ORIGINAL Pringles Potato Crisps.....7 oz.	.99	1.49	1.49	1.19
ARMOUR Corned Beef Hash15.5 oz.	.99	1.39	1.39	1.39
BEEF Franco-American Gravy...10.25 oz.	.50	1.09	.99	.99
Armour Treet.....12 oz.	.99	1.49	1.49	1.49
Pepsi2 ltr.	.79	1.09	.99	1.09
BEEF Chef Boyardee Ravioli15 oz.	.99	1.39	1.39	1.39
Creamette Vermicelli.....16 oz.	.67	1.19	1.19	1.19
SUNSWEEP Prune Juice32 oz.	.99	1.79	1.79	1.79
GENERAL MILLS Lucky Charms Cereal14 oz.	2.99	3.69	3.69	3.59
NUTRASWEET Equal Sweetener200 ct.	5.99	6.99	6.99	6.99
Hills Bros. Coffee39 oz.	7.69	8.99	8.99	8.99
BREAD & BUTTER Heifetz Pickles32 oz.	1.99	2.99	2.99	2.99
Heinz White Vinegar32 oz.	.99	1.29	1.29	1.29
SQUEEZE Heinz Ketchup64 oz.	2.99	4.29	4.09	4.29
PURE VEGETABLE Wesson Oil.....38 oz.	2.39	3.19	3.19	3.19
Jiffy Baking Mix.....40 oz.	.99	1.69	1.69	1.49
Dream Whip Topping Mix...5.2 oz.	1.99	2.79	2.79	2.79
IODIZED Morton Salt26 oz.	.25	.45	.39	.45
Ultra Dawn Dish Liquid14 oz.	1.22	1.69	1.69	1.69
42 USE, ULTRA ALL Laundry Detergent110- oz.	3.99	6.19	6.49	5.69
Comet Cleanser14 oz.	.29	.69	.59	.69
HANDLE TIE, KITCHEN Glad Tall Trash Bags20 ct.	2.49	3.39	3.29	3.19
Dow Saran Wrap100 ft.	1.99	2.79	2.69	2.79

MEAT & PRODUCE	Shop 'n Save	Schnucks	Dierbergs	National
Whole Fryersper pound	.79	.99	.99	.99
JUMBO Eckrich Franks1 lb.	1.99	2.99	2.99	2.49
R.B. RICE Pork Sausage.....1 lb.	2.49	2.99	2.99	2.89
Bananas.....per pound	.58	.69	.69	.69
Cucumbers.....each	.33	.50	.50	.50
LARGE Green Pepperseach	.33	.50	.50	.50
Yellow Onions3 lb. bag	.98	1.99	1.99	1.99
Salted Peanuts20 oz. bag	1.98	2.49	2.29	2.89
"A" SIZE Red Potatoesper pound	.48	.68	.69	.68
Radishes1 lb. bag	.98	1.49	1.49	1.49

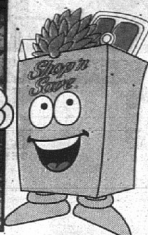
DAIRY AND FROZEN FOOD

CHEESE WHIZ, LIGHT Cheese Spread.....16 oz.	2.99	3.59	3.49	3.59
FREE Kraft Singles16 oz.	3.39	3.99	3.89	4.19
PILLSBURY Pizza Crust10 oz.	1.55	1.99	1.95	1.99
Shedd's Country Crock.....3 lb.	1.48	1.99	2.49	2.45
Eskimo Pies6 pack	2.04	2.99	2.99	2.99
GREEN GIANT, NIBBLERS Corn On The Cob6 ear	.99	1.79	1.79	1.49
Totinos Pizza Rolls22.3 oz.	2.99	3.99	3.69	3.89
MACARONI & CHEESE Michelina's Entrees8 oz.	.99	1.34	1.29	1.55
REGULAR Pet Ritz Pie Shells2/9 inch	.99	1.49	1.45	1.49
UNSALTED Pevely Butter1 lb.	2.29	2.59	2.79	2.59

These items were purchased on September 23, 1996 at Schnucks at 5434 Southfield Center at 9:55 a.m., at Dierbergs at 12420 Tesson Ferry Rd. at 9:23 a.m., and at National at Lemay & Forder at 9:40 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals

09253A

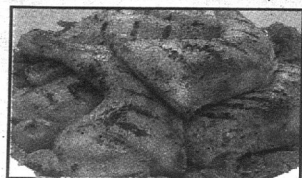
TOTAL VALUE



WHOLE, IN THE BAG
Boneless Pork Loin

197

lb.



ALL NATURAL FRESH
**Hudson Chicken
Leg Quarters**

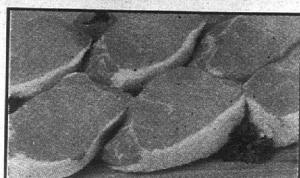
49¢

lb.

DELI CARRY OUT
**Oscar Mayer
Lunchables** 3/\$5
8.2-8.7
OZ. PKG.

WHOLE, 5-LB. AVG.
**Thorn Apple
Valley Turkey Ham** 159
lb.

SKINLESS
**Farmland Pork
Sausage Links** 3/\$4
12-OZ.
PKG.



CENTER CUT
**Boneless
Pork Chops**

299

lb.

PORK & BACON OR
**Farmland
Pork Sausage** 3/\$4
1-LB.
ROLL

ASSORTED VARIETIES
**Farmland
Lunchmeats** 99¢
12-OZ.
PKG.

Circle A
Beef Patties 399
5-LB. BOX



CENTER CUT
**Boneless Pork
Loin Roast**

239

lb.

ALL MEAT
**Hunter
Hot Dogs** 79¢
12-OZ.
PKG.

BROWN & SERVE
**Swift
Sausage** 99¢
7-8 OZ.
PKG.

Jennie-O
Ground Turkey 89¢
1-LB.
ROLL



BONELESS MEATY
**Country Style
Ribs**

239

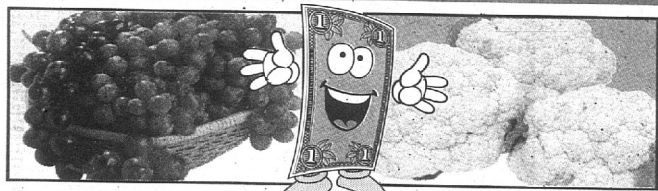
lb.

ASSORTED VARIETIES
**Banquet
Family Entrees** 3/\$5
28-OZ.
PKG.

ALL VARIETIES EXCEPT BEEF
**Seitz
Bologna** 139
1-LB.
PKG.

**Farmland
Sliced Bacon** 2/\$5
1-LB.
PKG.

Pick of the Crop Garden Fresh Produce!



CALIFORNIA
**Red or White
Grapes**

88¢

lb.

U.S. NO 1
**Russet
Potatoes** 28¢
lb.

125-COUNT SIZE
WASHINGTON STATE
RED OR GOLDEN
Delicious Apples 78¢
lb.

FRESH
**Green
Cabbage** 23¢
lb.

SNO-WHITE
Cauliflower

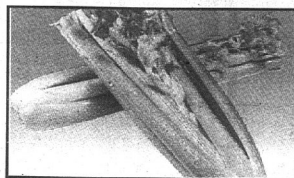
98¢

HEAD

MEDIUM
**Yellow
Onions** 98¢
3-LB.
BAG

California
Carrots 78¢
2-LB.
BAG

**The Finest Quality
& Selection**



36-COUNT SIZE
**Crisp
Celery**

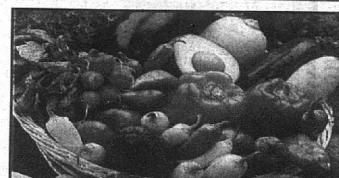
58¢

STALK

REGULAR OR FAT FREE
**Dole Complete
Salad** 178
8-OZ. PKG.

REGULAR OR LITE
**Et Tu Caesar
Salad Mix** 98¢
4.7-OZ.
BOX

ROASTED OR SALTED
**Gary's
Peanuts** 198
20-OZ. BAG



**Try These
Exotic Varieties!**
NOT AVAILABLE AT ALL STORES

Crisp Sno Peas 298
1-LB.
FRESH Dalkon 98¢
1-LB.
**WON TON OR
Egg Roll Wrappers** 128
8-OZ. PKG.
**MELISSA DRIED
Papaya Sliced** 198
1-LB. PKG.
**MELISSA
Risotto** 348
8-OZ. PKG.
**MELISSA, DRIED
Cranberries** 238
3-OZ. PKG.



Shop 'n Save

® The more you shop the more you save. SM

S M T W T F S
25 26 27 28
09254A

• PRICES GUARANTEED THRU SEPTEMBER 28, 1996 AT ALL ST. LOUIS METRO STORES ONLY
• WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

Discover
Newus

MasterCard

VISA

BankAmerica

Shop 'n Save

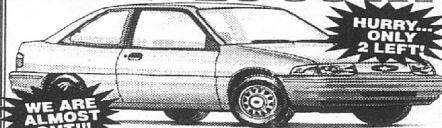
**DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE**

DAVE SINCLAIR FORD

#1 IN CAR & TRUCK SALES...

LARGEST INVENTORY IN MISSOURI & ILLINOIS HURRY, WE ARE RUNNING OUT OF THESE SPECIALLY PRICED 1996 CLOSE-OUT VEHICLES!

NEW ESCORT



HURRY...
ONLY
2 LEFT!

WE ARE ALMOST OUT!!!
5 Speed
Low 3.9% Financing Available

\$7,995

WE ARE ALMOST OUT OF THESE!!!

TAKE YOUR PICK

\$14,995 OR 6.9% FINANCING



1996 T-BIRD • 5 AVAILABLE



1996 TAURUS • 2 AVAILABLE



AUTOMATIC

12 CONVERTIBLES IN STOCK
1996 MUSTANG • 4 AVAILABLE

Missouri & Illinois Largest Selection

12	ASPIRE	1	BRONCO
206	ESCORT	40	EXPEDITION
85	CONTOUR	90	VANS
160	TAURUS	39	AEROSTAR
50	T-BIRD	119	WINDSTAR
30	CROWN VIC	180	RANGER
65	MUSTANG	190	F-SERIES
38	PROBE	129	EXPLORER

OVER 1400 AVAILABLE

TAKE YOUR PICK

\$12,995 OR 6.9% FINANCING

NEW 1996 CONTOUR



3 Available



4 Available

NEW 1996 PROBE SE

NEW 1996 AEROSTAR

3 Available



Loaded XLT

\$14,399



4 Available

NEW 1996 WINDSTAR

\$16,995

SINCLAIR IS ALSO
THE WINNER OF
THIS YEAR'S
"GREAT
FOREST PARK
BALLOON
RACE"!!



NEW 1996 RANGER

TWO AVAILABLE



\$8,995

1997 3-DOOR SUPER CAB



\$149 Per Month
Plus Taxes

24 Month Lease, \$2000 Down Cash or Trade
Total Payments \$3576 L.E.V. 14,581.80 • Does Not Include Taxes

EXPLORER



\$299 Per Month
Plus Taxes

24 Month Lease, \$2000 Down Cash or Trade
Total Payments \$7176 L.E.V. 20,058.40 • Does Not Include Taxes

ALL OFFERS EXPIRE MONDAY, SEPT. 30TH, 9:30 P.M. OR WHILE SUPPLIES LAST.

#1 In Retail Sales From The Gulf Of Mexico To Canada

Thank you and here's my address:

892-2600

1-800-BUY-FORD

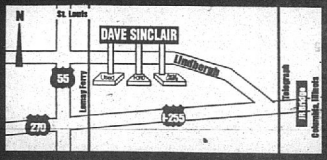
7466 So. Lindbergh

Lindbergh at Lemay Ferry



Dave Sinclair

"Your St. Louis Ford Dealer!"



AFTER ALL REBATES AND INCENTIVES

320 HELP WANTED 320 HELP WANTED

WAITRESS

We Offer:
• Competitive Wages • Medical • Dental • Paid Vacation
• Retirement • 401(k) Program • Training • Uniforms • Bonus Program

Apply Now, Then Fax To:
Gateway Midstate Truck Plaza, Inc.
1155 W. & L. Rt. 203 North Ex. 4, Madison, IL
We have 24 hour security
Equal Opportunity Employer Drug Free Environment

APPLICATION FOR EMPLOYMENT GRANITE CITY FIRE DEPARTMENT

The qualifications listed below are not complete. For a complete listing of qualifications, please refer to the Rules & Regulations enclosed in each application packet.

APPLICANT MUST:

1. Be at least 21 years of age.
2. Possess or be able to obtain a valid Illinois drivers license.
3. Pass a written examination, oral interview, background investigation, polygraph test, psychological exam, physical aptitude test, various job related tests and a thorough medical examination.
4. According to City Ordinance #4811, shall become actual residents (domiciled) in the City of Granite City within 90 days from the first date of their gainful employment with the City of Granite City. The establishment and maintenance of primary residence within the City of Granite City shall be a condition of continued employment for said employee.
5. According to City Ordinance #4304, become a State Certified Emergency Medical Technician-Paramedic (EMT-P) within 36 months of their hire date. In addition, all newly hired employees shall be required to become State Certified as a Firefighter II within 36 months of their hire date.
6. Have a high school diploma or GED.
7. Have 20/20 vision or at least 20/50 binocular vision without glasses correctable to 20/20 with glasses and shall not be colorblind.
8. Be able to obtain five letters of reference.
9. Understand that according to Ordinance #4303, applicants who have passed the EMT Certification Tests shall receive 3 bonus points and applicants who have passed the EMT-P Certification Tests shall receive 6 bonus points.
10. Pick up an application from only Lynda Cowley at the main Granite City Fire Station, Madison Avenue, between the hours of 8 and 12 noon and 4 p.m. to Monday through Friday. APPLICATIONS AVAILABLE SEPTEMBER 25, 1996. Applicants, or their representative, will be asked to sign when picking up their application. It is the applicant's responsibility to see that the current application is complete, containing all required documents.
11. COMPLETE AND RETURN THE APPLICATION BY OCTOBER 18, 1996 to Lynda Cowley, same location. NO APPLICATION WILL BE ACCEPTED AFTER 4:00 P.M. ON OCTOBER 18th UNDER ANY CIRCUMSTANCES.
12. Granite City is an Equal Opportunity Employer.

BOARD OF FIRE AND POLICE COMMISSIONERS GRANITE CITY, ILLINOIS

APPLICATION FOR EMPLOYMENT CITY OF VENICE POLICE DEPARTMENT

THE QUALIFICATIONS LISTED BELOW ARE NOT COMPLETE. FOR A COMPLETE LISTING OF QUALIFICATIONS, PLEASE REFER TO THE RULES AND REGULATIONS ENCLOSED IN EACH APPLICATION PACKET.

APPLICANT MUST:

1. BE AT LEAST 21 YEARS OF AGE
2. POSSESS OR BE ABLE TO OBTAIN A VALID ILLINOIS DRIVERS LICENSE.
3. PASS A WRITTEN EXAMINATION, ORAL INTERVIEW, BACKGROUND INVESTIGATION, POLYGRAPH TEST, PSYCHOLOGICAL EXAM, PHYSICAL APPTITUDE TEST, AND A THOROUGH MEDICAL EXAMINATION.
4. HAVE A HIGH SCHOOL DIPLOMA OR GED.
5. HAVE 20/20 VISION OR AT LEAST 20/50 BINOCULAR VISION WITHOUT GLASSES CORRECTIBLE TO 20/20 WITH GLASSES AND SHALL NOT BE COLORBLIND.
6. BE ABLE TO OBTAIN 3 LETTERS OF REFERENCE.
7. MEET RESIDENCE REQUIREMENTS ACCORDING TO CITY OF VENICE ORDINANCE.
8. TO MAINTAIN GAINFUL EMPLOYMENT WITH THE CITY OF VENICE POLICE DEPARTMENT APPLICANT MUST COMPLETE ACADEMY REQUIREMENTS AND MEET STATE CERTIFICATION REQUIREMENTS.
9. PICKUP APPLICATION FROM CITY OF VENICE POLICE DEPARTMENT DISPATCHERS DESK. IT IS THE APPLICANTS RESPONSIBILITY TO SEE THAT THE CURRENT APPLICATION IS COMPLETE, CONTAINING ALL REQUIRED DOCUMENTS. APPLICATIONS AVAILABLE ON SEPTEMBER 20, 1996 STARTING AT 8:00 AM.
10. COMPLETE AND RETURN THE APPLICATION BY OCTOBER 10, 1996. NO APPLICATION WILL BE ACCEPTED AFTER 6:00 PM. ON OCTOBER 10, 1996 UNDER ANY CIRCUMSTANCES.
11. THE CITY OF VENICE IS AN EQUAL OPPORTUNITY EMPLOYER.

BOARD OF POLICE COMMISSIONERS CITY OF VENICE

320 HELP WANTED 320 HELP WANTED

DRIVER

Local delivery must have experience in driving dock high truck, good driving record, Class E drivers license. Easy access to Hwy 70. Apply in person.

ARGO PRODUCTS
3500 Goodfellow Blvd
St. Louis, Mo
63120

PART TIME NEWSPAPER DELIVERY

For Suburban Journal routes. TWO NIGHTS/ WEEK, SAT/SUN TUE/WED. Must have van & insurance. Call today!

ASK FOR MATT
(IL) 235-5747
ASK FOR BRAD

320 HELP WANTED 320 HELP WANTED

DRIVERS

1-yr. OTR 28-30 m.p.h. PLUS \$40 tarpload (No kid-ding!) \$4-96 KW conv. walking. Day 1 rider program.

Melton Truck Lines
Call 24 hours
1-800-535-8668 ext. 10-14

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DRIVERS

1-yr. OTR 28-30 m.p.h. PLUS \$40 tarpload (No kid-ding!) \$4-96 KW conv. walking. Day 1 rider program.

Melton Truck Lines
Call 24 hours
1-800-535-8668 ext. 10-14

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DRIVER

Local delivery must have experience in driving dock high truck, good driving record, Class E drivers license. Easy access to Hwy 70. Apply in person.

ARGO PRODUCTS
3500 Goodfellow Blvd
St. Louis, Mo
63120

PART TIME NEWSPAPER DELIVERY

For Suburban Journal routes. TWO NIGHTS/ WEEK, SAT/SUN TUE/WED. Must have van & insurance. Call today!

ASK FOR MATT
(IL) 235-5747
ASK FOR BRAD

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320 HELP WANTED

PACKAGING EQUIPMENT OPERATOR
 mechanical packaging flexible person
 is detail oriented to an equipment operation
 a high-speed packaging line. Person must be a self-starter and team player who takes responsibility for the operation and maintenance of the equipment. Insurance and electrical skills are required. A two year degree in electrical technology is preferred. Excellent salary and benefits. Send resume and salary history to:
 Packaging/Journals
 1714 Deer Tracks Trail
 St. Louis, MO 63131

PART TIME
 Afternoons & Evenings.
 \$6.00/hr plus bonuses. No experience necessary. Are you a people person? Call
 314-291-0200
 Ext. 1525

REAL ESTATE SALES
 EXCELLENT EARNINGS!
 FLEXIBLE HOURS!
 HONORARY TRAINING!
 MUST BE 21 AND HIGH SCHOOL GRADUATE. NO EXPERIENCE NECESSARY.
 For more information
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STAR REALTORS
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RECEPTIONIST/STELLING
 CLERK DOWNTOWN LAW
 FIRM. WORKING 9:00 AM - 5:00 PM. MUST BE 21 AND HIGH SCHOOL GRADUATE. NO EXPERIENCE NECESSARY.
 Call JOHN at
STAR REALTORS
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RECEPTIONIST
 for a law firm. Must be 21 and high school graduate. No experience necessary. Call JOHN at
STAR REALTORS
 876-0024

RETAIL SALES
 RADIO SHACK is seeking Full and Part Time Retail Sales Associates and Managers in training. Commission with guaranteed bases + great benefits.
 Call (616) 337-3737
 or visit our website at www.radioshack.com

320 HELP WANTED

MANAGEMENT
 Full & Part Time Opportunities
 Here's your opportunity to work with one of the most nationally recognized companies in the photography industry. Sears Portrait Studios are operated under license by CPI Corporation in over 600 locations.
 If you are creative, outgoing, talented with children and using the direct result of your work, this may be the job for you. Photography experience is not necessary, ability to work with the public is a must. Any previous experience in retail sales is preferred.
 We will provide a fully paid program, competitive compensation, excellent benefits, and outstanding opportunities for career advancement. Full training in the portrait business is provided in person at Sears Portrait Studio Tues - Fri, 10am - 6pm at one of these following locations:
 St. Clair Square
 Cottonwood Mall
 Columbia Mall

320 HELP WANTED

GIFT SHOP
 Are you a positive, creative person?
 • You like to be in your own business
 • You enjoy what you do
 • You want to work from home
 • You are a self-starter and team player who takes responsibility for the operation and maintenance of the equipment.
 Insurance and electrical skills are required. A two year degree in electrical technology is preferred. Excellent salary and benefits. Send resume and salary history to:
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 Cottonwood Mall
 Columbia Mall

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OPENING SOON!
Sharky's
 NEW 12,000 SQ. FT.
 Restaurant,
 Sports Bar
 & Billiard Parlor

320 HELP WANTED

WELDERS
 Experienced in ASME Code Work.
 Apply In Person:
 CONTINENTAL FABRICATORS, INC.
 5601 West Park Ave.
 St. Louis, MO 63110
 314-993-7399

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320 HELP WANTED

WANTED: Framing carpenter, years experience, no construction, 888-851-1234

320 HELP WANTED

WAREHOUSE MANAGER
 Immediate opening for a person with 5+ years experience in shipping/receiving, general warehouse management, and inventory control. Must be a self-starter and team player who takes responsibility for the operation and maintenance of the equipment. Insurance and electrical skills are required. A two year degree in electrical technology is preferred. Excellent salary and benefits. Send resume and salary history to:
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NURSING HOME
 For Certified Nurses Aide
 Apply In Person:
 #1 COLONIAL DRIVE
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 Pay Plans • Ev. Appl. Avail.
LAW OFFICES OF
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In Loving
 Remembrance of
Chip Butler
 on your Birthday
 Sept. 25, 1952 -
 Jan. 28, 1998
 Deeply Loved & Saffly
 Missed by your
 Sister, Sherry

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